

HERNDON

Parks & Recreation Department



Earth Day Celebration – page 32

Easter Egg Hunt – page 16

Hershey Track & Field Meet – page 15

Herndon Community Center
Spring 2006 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170
703-787-7300 • <http://herndon-va.gov>



General Information

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, foster a sense of community and serve as stewards of Town resources by providing diverse, accessible and valued parks, facilities and recreation programs which enhance those provided by Fairfax County.

Community Center Hours

All hours are subject to change due to special events in the Center.

Aquatic Facility

M-F 6am-10pm
Sa & Su 8am-8pm

Fitness Facility

M-F 6am-10:30pm
Sa & Su 8am-8pm

April 16 11am-6pm
May 29 8am-8pm

Office Hours

M-F 8:30am-5:30pm
Closed - May 29

Phone

Pool, Racquetball, & Rentals

703-787-7300

Hearing Impaired Relay

1-800-828-1120 -TDD

Fax

703-318-8652

Touchtone Registration

703-707-2662

Website: <http://herndon-va.gov>



Community Center Fees

Note: For pool use child(ren) age 8 & under must be accompanied by an adult. Child(ren) age 5 & under must be with a parent in the water. For fitness room use, children must be age 14 or older. For gymnasium use, children must be age 10 or older. Youth are those age 17 and under. Seniors are those age 60 and older.

DAILY ADMISSION

**TOH-Resident Rate Requires ID with Address*

Full Use	TOH/NR
Adults	\$4/\$5
Seniors/Youth	\$3/\$3

Limited Use	TOH/NR
Adults	\$2.50/\$3
Seniors/Youth	\$2/\$2

10-Admission Pass	TOH/NR
Full Use	\$34/\$45
Limited Use	\$21/\$27

25-Admission Pass	TOH/NR
Full Use	\$70/\$100
Seniors/Youth	\$45/\$60
Limited Use	\$45/\$60

Annual Pass	TOH/NR
Single	\$315/\$450
2 Person Adult (Married Couple)	\$420/\$600
Additional Dependent (with purchase of Full Adult Pass)	\$70/\$100
Single Senior/Youth	\$230/\$325
2 Person Senior (Married Couple)	\$300/\$425

Full Use

The discount pass and daily admission fee for the pool include use of the gymnasium (ages 10 & older) and the fitness room (ages 14 & older) as available.

Limited Use

For use of the gymnasium or fitness room. Does not include use of the locker rooms or swimming pool.

Youth 17 & Under

Free gym use
M-F 3-5:30pm

Birthdays Are Special

Make your birthday celebration headache-free at the Herndon Community Center. Let us provide the punch, goodie bags, room decorations and swimming, so you don't have the hassle and mess! Also, ask our Naturalist about our Nature Birthday Parties.

Call 703-787-7300



RACQUETBALL & WALLYBALL COURTS

Prime time hours

Monday - Friday 4-10pm, plus all day

Saturday, Sunday & Holidays

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

Rental Space for Meetings & Parties

The Herndon Community Center is available for private parties, receptions, meetings and other activities when space is available. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people. It is equipped with tables, chairs and stage. Arrangements for all types of functions can be made. In addition, the Town operates the Industrial Strength Theatre that seats 100 people.

Information and forms for class registration can be found on pages 30-31 of this brochure.

Town of Herndon Town Council

Michael L. O'Reilly, Mayor
Darryl C. Smith, Vice Mayor
Carol A. Bruce
Dennis D. Husch
Steven D. Mitchell
Ann V. Null
Harlon Reece
Steve Owen, Town Manager

Parks and Recreation Department

Arthur A. Anselene
Director
Sue Berkemeier
Administrative Assistant
Sheri Branch
Office Assistant
Kathy Rottier
Office Assistant
Lori Rowland
Office Assistant
Cynthia Hoftiezer
Projects Coordinator
Abby Kimble
Marketing Specialist
Teresa Rodriguez
Aquatics Services Manager
Boris Arevalo
Pool Operations Manager
Ed Mayr
Community Center Manager
Vacant
Community Center Supervisor
Cindy Roeder
Manager, Recreation Services
Bob Hilferty
Indoor Tennis Manager
Kerstin Severin
Head Swim Team Coach

Recreation Services Supervisors

Ann Hoy, *Events, Arts & Crafts*
Susan Lilly, *Town Naturalist*
Holly Popple, *Fine & Performing Arts*
Tom Wissinger, *Sports, Fitness*
Kimberly Wood, *Teens, Trips, Senior Adults*

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, February 22.**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, February 28.**

Starting on these dates you will be able to register online, by touchtone system, by walking into the Community Center, by mail or by fax.

Please see "How Registration Works" on page 30, and page 31 for a new and improved registration form.

Spring Highlights

Super Shooter

March 5

Sugarland Run Trail Opening

TBA

Easter Egg Hunt

April 15

Earth Day Celebration

April 22

Hershey Track & Field Meet

May 13

Herndon Festival

June 1-4



Gift Certificates

Give the gift of health and fun! The Town of Herndon Parks and Recreation offers gift certificates in any amount. They can be used for admission fees, trips or classes. Come by the Community Center, or order by phone.

Call: **703-787-7300**

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Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder:

Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

SWIMMING GUIDELINES

To enroll in	Child needs...	To enroll in	Child needs...
Starfish	No experience necessary but must be able to: <ul style="list-style-type: none"> • Separate from parent • Learn in a group setting 	Level 1	No experience necessary but: <ul style="list-style-type: none"> • Must be able to participate in group setting
Seahorse	Successful completion of Starfish or ability to: <ul style="list-style-type: none"> • Put face in the water-5 seconds • Blow bubbles • Front glide w/ kick-3 feet • Float on back with assistance-5 seconds 	Level 2	Successful completion of Level 1 or the ability to: <ul style="list-style-type: none"> • Face in water and blow bubbles-5 seconds • Submerge face and pick up item • Float on back with assistance • Kick on front with face in water using barbells
Otters	Successful completion of Seahorse or ability to: <ul style="list-style-type: none"> • Submerge totally bobbing-5 times • Float on front and back independently • Rollover from front to back • Swim with arm stroke and kick-5 yards 	Level 3	Successful completion of Level 2 or the ability to: <ul style="list-style-type: none"> • Float on front and back independently • Roll over from front to back • Combined stroke front and back-5 yards
Manatees	Successful completion of Otter or ability to: <ul style="list-style-type: none"> • Jump in 12 feet and return to side without assistance • Front crawl-15 yards with breathing • Elementary backstroke arm motion-15 yards • Back crawl-15 yards • Butterfly kick • Sitting /kneeling dives 	Level 4	Successful completion of Level 3 or the ability to: <ul style="list-style-type: none"> • Elementary Backstroke-5 yards • Front crawl and back crawl-15 yards • Jump into deep water and swim-15 yards • Kneeling dive
Sharks	Successful completion of Manatee or the ability to: <ul style="list-style-type: none"> • Front crawl-25 yards w/ side breathing • Elementary backstroke-15 yards • Back crawl-25 yards • Breaststroke-15 yards • Diving: compact/stride • Ability to swim across deep end of pool 	Level 5	Successful completion of Level 4 or the ability to: <ul style="list-style-type: none"> • Tread water-1 minute • Crawl stroke-25 yards with side breathing • Back crawl-25 yards • Breaststroke-15 yards • Butterfly-15 yards • Elementary backstroke-15 yards • Scissors kick • Stride dive and flip turn
		Level 6	Successful completion of Level 5 or the ability to: <ul style="list-style-type: none"> • Front and back crawl-50 yards • Back float-2 minutes • Tread water-2 minutes • Breaststroke-25 yards • Sidestroke-25 yards • Elementary backstroke-25 yards

Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

Wacky Wednesday

Ages 5 & under

Every Wednesday, 1-3pm

Come join us in the pool with fun and games for the preschool set. Children not enrolled in full day school programs (Kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult!) and filled with our wacky water toys. A great time for practicing swimming in preparation for summer!

\$5 parent/child

\$1 each additional child

Come and play with the floating submarine or slide on weekends from 1-4pm!



Swimming Instructors Needed

The Aquatics Department of the Herndon Community Center is currently seeking swimming instructors to teach classes in its Learn to Swim program. The Learn to Swim program provides classes on weekday mornings, evenings and weekends to students of all ages, from infants to adults. This is an ideal part-time position for stay-at-home moms, students, or for anyone who desires fun and fulfilling part-time work in a relaxed and family/community-oriented environment. Red Cross Certification and experience are desired, but we also have a training program for interested, enthusiastic candidates. For more information, call Teresa at **703-435-6800 x 2122**.



PRESCHOOL AQUATICS

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your children in a higher-level course, unless they have been practicing the required skills on a regular basis or have been passed during a course evaluation. It is better to repeat a course to strengthen skills than to place a child in a class over his level!

Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety, and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 13-April 5			
4011.101	M/W	10:30-10:55am	\$58/\$63
Session 2			
April 17-May 10			
4011.102	M/W	10:30-10:55am	\$58/\$63
Session 3			
May 22-June 19			
4011.103	M/W	10:30-10:55am	\$58/\$63
March 11-April 29			
4011.604	Sa	9:30-9:55am	\$58/\$63

Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
May 13-June 10			
4011.605	Sa	9:30-9:55am	\$29/\$32



Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 13-April 5			
4012.101	M/W	10-10:25am	\$58/\$63
Session 2			
April 17-May 10			
4012.102	M/W	10-10:25am	\$58/\$63
Session 3			
May 22-June 19			
4012.103	M/W	10-10:25am	\$58/\$63
Session 1			
March 14-April 6			
4012.204	T/Th	11-11:25am	\$58/\$63
Session 2			
April 18-May 11			
4012.205	T/Th	11-11:25am	\$58/\$63
Session 3			
May 23-June 15			
4012.206	T/Th	11-11:25am	\$58/\$63
March 17-May 5			
4012.507	F	10:30-10:55am	\$58/\$63
March 11-April 29			
4012.608	Sa	10-10:25am	\$58/\$63
March 12-May 7			
4012.709	Su	9:30-9:55am	\$58/\$63

Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
May 19-June 9			
4012.510	F	10:30-10:55am	\$29/\$32
May 13-June 10			
4012.611	Sa	10-10:25am	\$29/\$32
May 21-June 18			
4012.712	Su	9:30-9:55am	\$29/\$32

Minnows – Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are taught include breath control, floating on front and back and kicking. *Swim with parent*

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 14-April 6			
4018.201	T/Th	9:30-9:55am	\$58/\$63
Session 2			
April 18-May 11			
4018.202	T/Th	9:30-9:55am	\$58/\$63

Minnows (Continued)

Session 3

May 23-June 15			
4018.203	T/Th	9:30-9:55am	\$58/\$63
March 11-April 29			
4018.604	Sa	9-9:25am	\$58/\$63

Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
May 13-June 10			
4018.605	Sa	9-9:25am	\$29/\$32

Starfish – Ages 3-6 years

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. *Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.*

Child's first water experience without parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 13-April 5			
4013.101	M/W	9:30-9:55am	\$58/\$63
4013.102	M/W	10:30-10:55am	\$58/\$63
4013.103	M/W	11:30-11:55am	\$58/\$63
4013.104	M/W	6:30-6:55pm	\$58/\$63
Session 2			
April 17-May 10			
4013.105	M/W	9:30-9:55am	\$58/\$63
4013.106	M/W	10:30-10:55am	\$58/\$63
4013.107	M/W	11:30-11:55am	\$58/\$63
4013.108	M/W	6:30-6:55pm	\$58/\$63
Session 3			
May 22-June 19			
4013.109	M/W	9:30-9:55am	\$58/\$63
4013.110	M/W	10:30-10:55am	\$58/\$63
4013.111	M/W	11:30-11:55am	\$58/\$63
4013.112	M/W	6:30-6:55pm	\$58/\$63

SCOUT SWIM TIME

Scouts, enjoy the use of the Herndon Community Center Swimming pool while working on rank advancements! The HCC is offering use of the pool for troop leaders to teach skills required for swimming merit badges, or first and/or second class requirements! Make sure your Scouts are ready for summer camp by testing them on the BSA swim test! Scout troops may reserve times on Sunday, March 26, April 23, and May 21, from 12-4 pm. The cost is \$4 per Scout. We provide the pool and lifeguards; you provide the Counselor and Scouts! Please call Teresa at **703-435-6800 x 2122** to reserve a space for your troop.



Starfish (Continued)

Session 1

March 14-April 6

4013.213	T/Th	10-10:25am	\$58/\$63
4013.214	T/Th	11-11:25am	\$58/\$63
4013.215	T/Th	1-1:25pm	\$58/\$63
4013.216	T/Th	6-6:25pm	\$58/\$63

Session 2

April 18-May 11

4013.217	T/Th	10-10:25am	\$58/\$63
4013.218	T/Th	11-11:25am	\$58/\$63
4013.219	T/Th	1-1:25pm	\$58/\$63
4013.220	T/Th	6-6:25pm	\$58/\$63

Session 3

May 23-June 15

4013.221	T/Th	10-10:25am	\$58/\$63
4013.222	T/Th	11-11:25am	\$58/\$63
4013.223	T/Th	1-1:25pm	\$58/\$63
4013.224	T/Th	6-6:25pm	\$58/\$63

March 15-May 3

4013.325	W	11-11:25am	\$58/\$63
4013.326	W	12-12:25pm	\$58/\$63

March 17-May 5

4013.527	F	11-11:25am	\$58/\$63
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March 11-April 29

4013.628	Sa	8:30-8:55am	\$58/\$63
4013.629	Sa	9:30-9:55am	\$58/\$63

March 12-May 7

4013.730	Su	10-10:25am	\$58/\$63
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Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
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May 17-June 7

4013.331	W	11-11:25am	\$29/\$32
4013.332	W	12-12:25pm	\$29/\$32

May 19-June 9

4013.533	F	11-11:25am	\$29/\$32
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May 13-June 10

4013.634	Sa	8:30-8:55am	\$29/\$32
4013.635	Sa	9:30-9:55am	\$29/\$32

May 21-June 18

4013.736	Su	10-10:25am	\$29/\$32
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Seahorse – Ages 3-6 years

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience needed*

8, 25 minute sessions

Class	Day	Time	TOH/NR
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Session 1

March 13-April 5

4014.101	M/W	10-10:25am	\$58/\$63
4014.102	M/W	11-11:25am	\$58/\$63
4014.103	M/W	11:30-11:55am	\$58/\$63
4014.104	M/W	5:30-5:55pm	\$58/\$63

Session 2

April 17-May 10

4014.105	M/W	10-10:25am	\$58/\$63
4014.106	M/W	11-11:25am	\$58/\$63
4014.107	M/W	11:30-11:55am	\$58/\$63
4014.108	M/W	5:30-5:55pm	\$58/\$63

Session 3

May 22-June 19

4014.109	M/W	10-10:25am	\$58/\$63
4014.110	M/W	11-11:25am	\$58/\$63
4014.111	M/W	11:30-11:55am	\$58/\$63
4014.112	M/W	5:30-5:55pm	\$58/\$63

Seahorse (Continued)

Session 1

March 14-April 6

4014.213	T/Th	9:30-9:55am	\$58/\$63
4014.214	T/Th	10:30-10:55am	\$58/\$63
4014.215	T/Th	11:30-11:55am	\$58/\$63
4014.216	T/Th	1:30-1:55pm	\$58/\$63
4014.217	T/Th	6:30-6:55pm	\$58/\$63

Session 2

April 18-May 11

4014.218	T/Th	9:30-9:55am	\$58/\$63
4014.219	T/Th	10:30-10:55am	\$58/\$63
4014.220	T/Th	11:30-11:55am	\$58/\$63
4014.221	T/Th	1:30-1:55pm	\$58/\$63
4014.222	T/Th	6:30-6:55pm	\$58/\$63

Session 3

May 23-June 15

4014.223	T/Th	9:30-9:55am	\$58/\$63
4014.224	T/Th	10:30-10:55am	\$58/\$63
4014.225	T/Th	11:30-11:55am	\$58/\$63
4014.226	T/Th	1:30-1:55pm	\$58/\$63
4014.227	T/Th	6:30-6:55pm	\$58/\$63

March 15-May 3

4014.328	W	10:30-10:55am	\$58/\$63
4014.329	W	12:30-12:55pm	\$58/\$63

March 17-May 5

4014.530	F	11:30-11:55am	\$58/\$63
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March 11-April 29

4014.631	Sa	9-9:25am	\$58/\$63
4014.632	Sa	10-10:25am	\$58/\$63

March 12-May 7

4014.733	Su	10:30-10:55am	\$58/\$63
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Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
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May 17-June 7

4014.334	W	10:30-10:55am	\$29/\$32
4014.335	W	12:30-12:55pm	\$29/\$32

May 19-June 9

4014.536	F	11:30-11:55am	\$29/\$32
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May 13-June 10

4014.637	Sa	9-9:25am	\$29/\$32
4014.638	Sa	10-10:25am	\$29/\$32

May 21-June 18

4014.739	Su	10:30-10:55am	\$29/\$32
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Otters – Ages 4-6

Our “Otter” students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

Preschool swimmer

8, 25 minute sessions

Class	Day	Time	TOH/NR
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Session 1

March 13-April 5

4015.101	M/W	11-11:25am	\$58/\$63
4015.102	M/W	5-5:25pm	\$58/\$63

Session 2

April 17-May 10

4015.103	M/W	11-11:25am	\$58/\$63
4015.104	M/W	5-5:25pm	\$58/\$63

Session 3

May 22-June 19

4015.105	M/W	11-11:25am	\$58/\$63
4015.106	M/W	5-5:25pm	\$58/\$63

Otter (Continued)

Session 1

March 14-April 6

4015.207	T/Th	10:30-10:55am	\$58/\$63
4015.208	T/Th	2-2:25pm	\$58/\$63
4015.209	T/Th	5-5:25pm	\$58/\$63

Session 2

April 18-May 11

4015.210	T/Th	10:30-10:55am	\$58/\$63
4015.211	T/Th	2-2:25pm	\$58/\$63
4015.212	T/Th	5-5:25pm	\$58/\$63

Session 3

May 23-June 15

4015.213	T/Th	10:30-10:55am	\$58/\$63
4015.214	T/Th	2-2:25pm	\$58/\$63
4015.215	T/Th	5-5:25pm	\$58/\$63

March 13-May 1

4015.116	M	10:30-10:55am	\$58/\$63
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March 15-May 3

4015.317	W	10-10:25am	\$58/\$63
4015.318	W	1-1:25pm	\$58/\$63

March 17-May 5

4015.519	F	12-12:25pm	\$58/\$63
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March 11-April 29

4015.620	Sa	10:30-10:55am	\$58/\$63
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March 12-May 7

4015.721	Su	11-11:25am	\$58/\$63
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Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
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May 15-June 12

4015.122	M	10:30-10:55am	\$29/\$32
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May 17-June 7

4015.323	W	10-10:25am	\$29/\$32
4015.324	W	1-1:25pm	\$29/\$32

May 19-June 9

4015.525	F	12-12:25pm	\$29/\$32
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May 13-June 10

4015.626	Sa	10:30-10:55am	\$29/\$32
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May 21-June 18

4015.727	Su	11-11:25am	\$29/\$32
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Manatees – Ages 4-6 years

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction. *An advanced course for the preschool swimmer*

8, 25 minute sessions

Class	Day	Time	TOH/NR
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Session 1

March 13-April 5

4016.101	M/W	9:30-9:55am	\$58/\$63
4016.102	M/W	6-6:25pm	\$58/\$63

Session 2

April 17-May 10

4016.103	M/W	9:30-9:55am	\$58/\$63
4016.104	M/W	6-6:25pm	\$58/\$63

Session 3

May 22-June 19

4016.105	M/W	9:30-9:55am	\$58/\$63
4016.106	M/W	6-6:25pm	\$58/\$63



Manatees (Continued)

Session 1

March 14-April 6

4016.207	T/Th	10-10:25am	\$58/\$63
4016.208	T/Th	2:30-2:55pm	\$58/\$63
4016.209	T/Th	5:30-5:55pm	\$58/\$63

Session 2

April 18-May 11

4016.210	T/Th	10-10:25am	\$58/\$63
4016.211	T/Th	2:30-2:55pm	\$58/\$63
4016.212	T/Th	5:30-5:55pm	\$58/\$63

Session 3

May 23-June 15

4016.213	T/Th	10-10:25am	\$58/\$63
4016.214	T/Th	2:30-2:55pm	\$58/\$63
4016.215	T/Th	5:30-5:55pm	\$58/\$63

March 13-May 1

4016.116	M	10-10:25am	\$58/\$63
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March 15-May 3

4016.317	W	9:30-9:55am	\$58/\$63
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March 17-May 5

4016.518	F	12:30-12:55pm	\$58/\$63
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March 11-April 29

4016.619	Sa	11-11:25am	\$58/\$63
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March 12-May 7

4016.720	Su	11:30-11:55am	\$58/\$63
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Mini Session

4, 25 minute sessions

Class	Day	Time	TOH/NR
May 15-June 12			
4016.121	M	10-10:25am	\$29/\$32
May 17-June 7			
4016.322	W	9:30-9:55am	\$29/\$32
May 19-June 9			
4016.523	F	12:30-12:55pm	\$29/\$32
May 13-June 10			
4016.624	Sa	11-11:25am	\$29/\$32
May 21-June 18			
4016.725	Su	11:30-11:55am	\$29/\$32

Sharks – 4-6 years

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl taking at least two breaths and 25 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

Must have had formal swim instruction! This is the most advanced preschool class offered.

8, 25 minute sessions

Class	Day	Time	TOH/NR
March 17-May 5			
4017.504	F	1-1:25pm	\$58/\$63

Mini Session

Class	Day	Time	TOH/NR
May 19-June 9			
4017.505	F	1-1:25pm	\$29/\$32



YOUTH AQUATICS

Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 13-April 5			
4021.101	M/W	6-6:30pm	\$58/\$63
Session 2			
April 17-May 10			
4021.102	M/W	6-6:30pm	\$58/\$63
Session 3			
May 22-June 19			
4021.103	M/W	6-6:30pm	\$58/\$63
Session 1			
March 14-April 6			
4021.204	T/Th	5-5:30pm	\$58/\$63
Session 2			
April 18-May 11			
4021.205	T/Th	5-5:30pm	\$58/\$63
Session 3			
May 23-June 15			
4021.206	T/Th	5-5:30pm	\$58/\$63
March 11-April 29			
4021.607	Sa	11-11:30am	\$58/\$63
March 12-May 7			
4021.708	Su	11:30am-12pm	\$58/\$63
Mini Session			
4, 30 minute sessions			
Class	Day	Time	TOH/NR
May 13-June 10			
4021.609	Sa	11-11:30am	\$29/\$32
May 21-June 18			
4021.710	Su	11:30am-12pm	\$29/\$32

Level 2 – Ages 6 & up

This Red Cross Course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1			
March 13-April 5			
4022.101	M/W	6:30-7pm	\$58/\$63
Session 2			
April 17-May 10			
4022.102	M/W	6:30-7pm	\$58/\$63
Session 3			
May 22-June 19			
4022.103	M/W	6:30-7pm	\$58/\$63
Session 1			
March 14-April 6			
4022.204	T/Th	5:30-6pm	\$58/\$63
Session 2			
April 18-May 11			
4022.205	T/Th	5:30-6pm	\$58/\$63
Session 3			
May 23-June 15			
4022.206	T/Th	5:30-6pm	\$58/\$63

Level 2 (Continued)

March 13-May 1

4022.207	M	2-2:30pm	\$58/\$63
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March 11-April 29

4022.608	Sa	10:30-11am	\$58/\$63
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March 12-May 7

4022.709	Su	11-11:30am	\$58/\$63
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Mini Sessions

4, 30 minute sessions

Class	Day	Time	TOH/NR
May 15-June 12			
4022.110	M	2-2:30pm	\$29/\$32
May 13-June 10			
4022.611	Sa	10:30-11am	\$29/\$32
May 21-June 18			
4022.712	Su	11-11:30am	\$29/\$32

Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, March 13-April 5			
4023.101	M/W	5:30-6pm	\$58/\$63
Session 2, April 17-May 10			
4023.102	M/W	5:30-6pm	\$58/\$63
Session 3, May 22-June 19			
4023.103	M/W	5:30-6pm	\$58/\$63
Session 1, March 14-April 6			
4023.204	T/Th	6:30-7pm	\$58/\$63
Session 2, April 18-May 11			
4023.205	T/Th	6:30-7pm	\$58/\$63
Session 3, May 23-June 15			
4023.206	T/Th	6:30-7pm	\$58/\$63
March 13-May 1			
4023.107	M	3:45-4:15pm	\$58/\$63
March 11-April 29			
4023.608	Sa	10-10:30am	\$58/\$63
March 12-May 7			
4023.709	Su	10:30-11am	\$58/\$63

Mini Session

4, 30 minute sessions

Class	Day	Time	TOH/NR
May 15-June 12			
4023.110	M	3:45-4:15pm	\$29/\$32
March 11-April 29			
4023.611	Sa	10-10:30am	\$29/\$32
May 21-June 18			
4023.712	Su	10:30-11am	\$29/\$32

Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, March 13-April 5			
4024.101	M/W	5-5:30pm	\$58/\$63



Level 4 (Continued)

Session 2, April 17-May 10

4024.102 M/W 5-5:30pm \$58/\$63

Session 3, May 22-June 19

4024.103 M/W 5-5:30pm \$58/\$63

Session 1, March 14-April 6

4024.204 T/Th 6-6:30pm \$58/\$63

Session 2, April 18-May 11

4024.205 T/Th 6-6:30pm \$58/\$63

Session 3, May 23-June 15

4024.206 T/Th 6-6:30pm \$58/\$63

March 13-May 1

4024.107 M 3:15-3:45pm \$58/\$63

March 11-April 29

4024.608 Sa 9:30-10am \$58/\$63

March 12-May 7

4024.709 Su 10-10:30am \$58/\$63

Mini Session

4, 30 minute sessions

Class	Day	Time	TOH/NR
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May 15-June 12

4024.110 M 3:15-3:45pm \$29/\$32

May 13-June 10

4024.611 Sa 9:30-10am \$29/\$32

May 21-June 18

4024.712 Su 10-10:30am \$29/\$32

Level 5 – Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

8, 45 minute sessions

Class	Day	Time	TOH/NR
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March 13-May 1

4025.101 M 2:30-3:15pm \$63/\$68

March 11-April 29

4025.602 Sa 8:45-9:30am \$63/\$68

Mini Session

4, 45 minute sessions

Class	Day	Time	TOH/NR
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May 15-June 12

4025.103 M 2:30-3:15pm \$31/\$34

May 13-June 10

4025.604 Sa 8:45-9:30am \$31/\$34

Volunteers Needed

Volunteers are needed for Adapted Aquatic classes on Fridays from 4:30-5:30pm. Training is provided and classes are led by a trained instructor. This is a great opportunity for students looking for Community Service projects, college students studying adapted physical education or Recreation Therapy. Call Teresa Rodriguez for more information (703)435-6800 x 2122.

Level 6 – Ages 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

8, 45 minute sessions

Class	Day	Time	TOH/NR
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March 11-April 29

4026.601 Sa 10:30-11:15am \$63/\$68

5, 1 hour 15 minute sessions

Class	Day	Time	TOH/NR
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April 10-April 15

4026.102 M-F 9:30-10:45am \$63/\$68

Mini Session

4, 45 minute sessions

Class	Day	Time	TOH/NR
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May 13-June 10

4026.603 Sa 10:30-11:15am \$31/\$34

ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. (Volunteers needed) *Parents: Please pick up a physician referral form at the Aquatics Dept. before the first day of class.* Also, parents may have to go in the water if there is a lack of volunteers. Please call Teresa Rodriguez at **703-435-6800 x 2122**, if you have any questions regarding this program.

8, 30 minute sessions

Ages 2-5

Class	Day	Time	TOH/NR
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March 17-May 5

4028.501 F 4-4:30pm \$58/\$63

Ages 3-7 years

Class	Day	Time	TOH/NR
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March 17-May 5

4028.502 F 4:30-5pm \$58/\$63

Ages 8-12 years

Class	Day	Time	TOH/NR
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March 17-May 5

4028.503 F 5-5:30pm \$58/\$63



Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great for preparation for summer league swimming!

10, 45 minute sessions

Age 8 & under

Student must be able to swim 25-yards freestyle without stopping

Class	Day	Time	TOH/NR
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March 12-May 21

4027.701 Su 11:30am-12:15pm \$80/\$85

4027.702 Su 5-5:45pm \$80/\$85

4027.703 Su 6:30-7:15pm \$80/\$85

Age 9-12

Student must swim 50-yards freestyle without stopping

Class	Day	Time	TOH/NR
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March 12-May 21

4027.704 Su 10:45-11:30am \$80/\$85

4027.705 Su 5:45-6:30pm \$80/\$85

4027.706 Su 7:15-8pm \$80/\$85

Age 12-14

Student must swim 50-yards freestyle and 25-yards backstroke without stopping

Class	Day	Time	TOH/NR
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March 12-May 21

4027.707 Su 10-10:45am \$80/\$85

Spring Break Starts and Turns Clinic – Ages 7-12

This class is designed for swim team swimmers (or Red Cross Level 5 and up), who would like to fine-tune and practice their racing starts and turns in preparation for the upcoming summer season. Racing dives will be taught, as well as proper turns for the four competitive strokes. Individual medley turns will also be covered.

5, 45 minute sessions

Class	Day	Time	TOH/NR
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4027.708

M-F 11-11:45am \$63/\$68

Diving 1 – Age 7 & up

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

8, 45 min. sessions

Class	Day	Time	TOH/NR
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Mar 17-May 5

4029.501 F 4:30-5:15pm \$63/\$68

4029.602 Sa 10:30-11:15am \$63/\$68



Diving 1 (Continued)

Mini Sessions

4, 45 min session

Class	Day	Time	TOH/NR
May 19-June 9			
4029.503	F	4:30-5:15pm	\$31/\$34

Diving 2 – Age 7 & up

This class is designed for children with previous springboard diving experience. The completion of Beginner 1 Diving or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advance dives and flips.

8, 45 min. sessions

Class	Day	Time	TOH/NR
Mar 17-May 5			
4029.504	F	5:15-6 pm	\$63/\$68
4026.605	Sa	11:15-12pm	\$63/\$68

Mini Session

4, 45 min sessions

Class	Day	Time	TOH/NR
May 19-June 9			
4029.504	F	5:15-6 pm	\$31/\$34

Diving 3 – Age 14 -17

(High School Team Prep)

This course is designed for one on one diving instruction for teens in a group setting. Learn proper technique to prepare for high school competition or just learn diving for fun. Must be able to do a dive from the side of the pool.

8, 1 hr. sessions

Class	Day	Time	TOH/NR
Mar 17-May 5			
4029.605	Sa	12-1pm	\$81/\$90

SAFETY

Water Safety Instructor

Ages 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the first day of class and complete a Water Safety pre-course test. Students must pick up their materials and complete the first assignment prior to the first class session. *Students must attend all class sessions to pass this course!* For more information or to obtain a list of the pre-course skills please call Teresa Rodriguez at **703-787-7300 x 2122.**

Water Safety Instructor (Continued)

Class Code 4062.301 TOH-\$212/NR-\$235

5, 4 hour sessions & 3, 6 hour sessions

Dates	Day	Time
May 17, 24, 31 June 7, 14	W	6-10pm
May 20	Sa	10am-4pm
June 3, 10	Sa	2-8pm

Lifeguard Training Class

Ages 15 years & up

This American Red Cross class is the most comprehensive life guarding course. The class includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course to remain in the course. The pre-course test includes: a 500-yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*

#3061.601 TOH-\$205/NR-\$225

1, 2 hour and 6, 7 hour sessions

Dates	Day	Time
April 8	Sa	10:30am-12:30pm
April 10-15	M-Sa	9am-5pm

#4061.602 TOH-\$205/NR-\$225

6, 7 hour sessions

Dates	Day	Time
April 15	Sa	12-2pm
April 19, 26, May 3, 10	W	6-9pm
April 22, 29, May 6, 7	Sa	10am-6pm



ADULTS

Adult Beginners

Learn basic water skills in a gentle and friendly environment. The class teaches water adjustment, floating, gliding, kicking, and breathing skills.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-May 1			
4041.101	M	7:15-8pm	\$63/\$68
March 11-April 29			
4041.602	Sa	10:30-11:15am	\$63/\$68

Mini Session

4, 45 minute sessions

Class	Day	Time	TOH/NR
May 15-June 13			
4014.103	M	7:15-8pm	\$31/\$34
May 13-June 10			
4041.604	Sa	10:30-11:15am	\$31/\$34

Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering their primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-May 1			
4042.101	M	11-11:45am	\$63/\$68
March 11-April 29			
4042.602	Sa	11:15am-12pm	\$63/\$68

Mini Session

4, 45 minute sessions

Class	Day	Time	TOH/NR
March 15-June 13			
4042.103	M	11-11:45am	\$31/\$34
March 13-June 10			
4042.604	Sa	11:15am-12pm	\$31/\$34

Adult Intermediate

This class is for anyone who has completed Adult Advanced Beginners or anyone that is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-May 1			
4043.101	M	11:45am-12:30pm	\$63/\$68
March 15-May 3			
4043.302	W	6:30-7:15pm	\$63/\$68
March 11-April 29			
4043.603	Sa	12-12:45pm	\$63/\$68

Mini Session

4, 45 minute sessions

Class	Day	Time	TOH/NR
May 15-June 12			
4043.104	M	11:45am-12:30pm	\$31/\$34
May 17-June 7			
4043.205	W	6:30-7:15pm	\$31/\$34
May 13-June 10			
4043.606	Sa	12-12:45pm	\$31/\$34

SPRING WATER SAFETY PRESENTATIONS FOR YOUTH

Our Red Cross instructors will visit your classroom to give a short presentation on basic water safety using the *Longfellow's Whale Tales* curriculum developed by the Red Cross. This is a 45-minute, informative program with video, discussion, and activities. Best suited for K-2 grade level. Contact Teresa for more information at **703-435-6800 x 2122.**



No Classes April 16, May 2 & May 27-29

Get up and get moving!

Regular exercise has been proven to help prevent illness, reduce the risk of injury, relieve stress and just make you feel better. Our fitness classes have been designed to include elements of strength and flexibility training with cardiovascular exercise to give you an excellent workout.

Whether you are looking to try something new or have been exercising for years, our fitness programs will be able to meet all your needs.

Babysitting is available, and please consult your doctor prior to starting any exercise program.

Exercise, Health & Fitness Classes are designed for ages 16 & up.

Please bring a fitness mat!

Make sure to register early to guarantee your space in a fitness class. These sessions are always popular, and we don't want you to miss out!

BABYSITTING

Available during morning classes for children 12 months and older. Babysitters will not change diapers. A minimum of 4 registrants must be met to offer this service. Drop-ins are admitted daily on a space-available basis. The cost is \$4.00 per hour per child if used as drop-in. NOTE: In order to utilize the babysitting service, parent(s) and/or guardians must be registered for a recreation class at the community center or utilizing the community center facilities during the time of the babysitting program. Babysitting is not available when classes are cancelled.

13, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 14-June 13*			
4722.103	T	9:30-10:45am	\$41/\$45

*No class May 2

14, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 16-June 15			
4722.104	Th	9:30-10:45am	\$44/\$48

STRENGTH FITNESS CLASSES

Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 14			
4241.101	M/W	9-10am	\$98/\$108
March 13-June 14			
4241.102	M/W	7:10-8:10pm	\$98/\$108
March 14-June 15			
4241.103	T/Th	7-8pm	\$98/\$108

Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually increasing repetitions/weight. This is a non-aerobic class. Seniors: Please see the Senior Discount information on the registration page 30.

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 15			
4244.100	T/Th	9-10am	\$98/\$108

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping; followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles – just in time for shorts weather! Put on your cross training shoes and come have a blast!

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 15			
4242.102	T/Th	7:15-8:15pm	\$98/\$108

COMBINATION FLOOR & STEP AEROBICS

Cardio Plus

Step! Hi-Lo! Work your heart and burn the fat! Emphasis is on the cardio, but you will have the chance to work your muscles with weights and self-resistance - a perfect balance! This is a fun class, and you will love the results.

27, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 14-June 15			
4242.201	T/Th	9:30-10:45am	\$122/\$135

STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 14			
4242.203	M/W	6-7pm	\$98/\$108

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 15			
4242.204	T/Th	5:50-6:50pm	\$98/\$108

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

Step & Sculpt

27, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 15			
4243.101	T/Th	6-7am	\$98/\$108

14, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 16			
4243.102	F	6-7am	\$51/\$56

Make a new healthy habit – EXERCISE!

It takes 3-4 weeks to establish a new habit. Sign-up for a fitness class to get started.

All Water Workouts are priced as follows:

12 Classes (Friday or Saturday only) TOH-\$63/NR-\$70; 24 Classes (2 times per week) TOH-\$127/NR-\$140; 36 Classes (3 times per week) TOH-\$197/NR-\$210

Early Bird Aquatic Exercise

All Ages

Start your day with this high intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles, arms and legs.

Participants must be comfortable in deep water!

36, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4049.101	M/W/F	6:30-7:30am	\$197/\$210

Therapeutic Water Workout

All Ages

This low intensity water exercise program is designed for those with chronic illnesses; i.e. arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, ambulating, and strengthening. (Seniors: Please see Senior Citizen Discount information on the registration page.)

Rubber-soled shoes are recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 1			
4047.201	T/Th	10-11am	\$127/\$140
4047.202	T/Th	11am-12pm	\$127/\$140

Aqua Ai Chi

This new water exercise class combines the principles of aquatic exercise, muscular strengthening, and stretching by using a combination of simple exercises and relaxation techniques. Exercises are performed slowly in a natural and flowing progression using the arms, legs and torso. Benefits of Ai Chi include increased metabolism and circulation and improved balance and flexibility. Come and see what Ai Chi can do for you.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4050.201	W	11-11:45am	\$63/\$70
4050.202	W	12-12:45pm	\$63/\$70



Senior Water Aerobics

This class is an aerobic exercise class paced for the "Senior Citizen." It promotes fitness, flexibility, and range of motion. No swimming experience is necessary to become involved. (Seniors: Please see Senior Citizen Discount information on the registration page)

Rubber-soled shoes are recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4048.101	M/W	9-10am	\$127/\$140

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 2			
4048.502	F	9-10am	\$63/\$70

Water Aerobics

This is the total shallow-water aerobic workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, but no swimming experience is necessary. Babysitting is available during this class, please see page 11.

Rubber-soled shoes are recommended

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 1			
4044.202	T/Th	9:30-10:30am	\$127/\$140

Waterworkout Express –

provides convenience and flexibility

1. Register for a home class. This reserves you a permanent spot in the class of your choice. *As long as space is available, the Express Pass option allows you to take any of the water workout classes.*
2. Select an Express Pass option below based on the schedule of your Home Class. You must be registered for a HOME CLASS before an Express Pass can be purchased.
 - Passes must be presented to instructor at each class
 - Classes must meet a min. enrollment
 - Pass will be mailed prior to first class

EXPRESS PASSES:

- 1) Home class meets twice a week
 - 4065.113 Super Express (24 classes plus 12)-TOH-\$63/NR-\$70
 - 4065.114 Hyper Express (unlimited classes)-TOH-\$77/NR-\$85
- Home class meets three times a week:
 - 4065.115 Hyper Express (unlimited classes)-TOH-\$13/NR-\$15

NOTE: On your registration form indicate your express pass activity code and your home class activity code.

Deep Water 1

This class offers a high-intensity, no-impact, cardiovascular challenge with an additional benefit of muscle toning and strengthening. No swimming skills are necessary, but participants *must* be comfortable in deep water.

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4045.101	M/W	6:30-7:30pm	\$127/\$140
March 14-June 1			
4045.202	T/Th	8:30-9:30am	\$127/\$140
4045.203	T/Th	8-9am	\$127/\$140

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4045.204	Sa	8-9am	\$63/\$70

Deep Water 2

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids. *Students must have previously taken Deep Water 1*

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4045.105	M/W	7:30-8:30pm	\$127/\$140
March 14-June 1			
4045.206	T/Th	7-8pm	\$127/\$140

Water Walking – All Ages

Jump start your spring fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. *Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area! Rubber-soled shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4046.101	M/W	8-9am	\$127/\$140
12, 1 hour sessions			
Class	Day	Time	TOH/NR
March 17-June 2			
4046.502	F	8-9am	\$63/\$70

SCHEDULE OF CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt		6-7 Step & Sculpt	6-7 Step & Sculpt	9-10 Step & Sculpt Inter.
	9-10 Total Body Conditioning		9-10 Total Body Conditioning		9-10 Step & Sculpt Inter.	
		9-10 Beg. Strength & Sculpt		9-10 Beg. Strength & Sculpt		
12-1 Step & Sculpt Inter.		9:30-10:45 Cardio Plus		9:30-10:45 Cardio Plus		
	6-7 Step & Sculpt	5:50-6:50 Step & Sculpt	6-7 Step & Sculpt	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Total Body Conditioning		
		7:15-8:15 Cardio Blast		7:15-8:15 Cardio Blast		

WEEKEND WARRIORS

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

14, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 16			
4243.103	F	9-10am	\$51/\$56

14, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 17			
4243.105	Sa	9-10am	\$51/\$56

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 12-June 11			
4243.104	Su	12-1pm	\$44/\$48



Boot Camp for Women & Men

Dedication Determination
Motivation Fun!

Beginner/Intermediate &
Advanced Levels

Structured Nutrition Program Levels

Some sessions may be held indoors in the event of inclement weather.

Locations:

Check our updated listing on
www.fitnessresults.com or

Call 703-243-8600 for more
information.

Guaranteed results!

Held at Herndon Community Center



Fitness Express

Signing up for the Fitness Express provides convenience and flexibility.

1. Choose and register for a Home Class through any of our registration methods. This reserves you a permanent spot in the class of your choice. NOTE: As long as space is available, the Express option allows you to take any of the fitness classes. Does not include Pilates, Yoga, Shotokan Karate, Tae Kwon Do, Beginner Strength & Sculpt, or Total Body Conditioning 4241.102.
2. Select an Express option below based on the schedule of your home class. You must be registered for a Home Class before an Express Pass can be purchased.
 - Cards must be presented to instructor at each class
 - Classes must meet a minimum enrollment to be offered
 - Cards will be mailed out prior to 1st class
 - A Fitness Express data card must be completed at the time of registration.

EXPRESS CARD OPTIONS

1. If your Home Class meets twice a week for 1 hour, your Express Pass fees are:
 - 4245.901 Super Express (home class plus 14)-TOH\$38/NR\$42
 - 4245.902 Hyper Express (unlimited classes)-TOH\$56/NR\$63
2. If your Home Class meets twice a week for 1.25 hours, your Express Pass fees are:
 - 4245.903 Super Express (home class plus 14)-TOH\$13/NR\$15
 - 4245.904 Hyper Express (unlimited Classes)-TOH\$33/NR\$36
3. If your Home Class meets once a week for 1 hour, your Express Pass fees are:
 - 4245.905 Super Express (home class plus 28)-TOH\$85/NR\$94
 - 4245.906 Hyper Express (unlimited Classes)-TOH\$104/NR\$115

Gymside & Trailside Walkers

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday – Friday 7:30- 9am



**No Classes April 16 & 23,
May 2 & May 27-29**

FENCING/MARTIAL ARTS

Fencing – Ages 9 & up

Try something new and exciting this spring. The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

11, 2 hour sessions

Class	Day	Time	TOH/NR
March 19-June 18			
4764.101	Su	6-8pm	\$70/\$77

Shotokan Karate - Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical, self-defense system to exceed present physical and mental limitations. Wear light comfortable “workout” clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 2			
4767.101	F	7:05-8:05pm	\$54/\$60

Intro to Tae Kwon Do –Ages 7-14

Tae Kwon Do is the world’s most popular martial art and new Olympic sport. Its popularity is due to its many physical benefits (strength, aerobics, flexibility, agility) and even more important mental benefits (enhanced focus, confidence, discipline and respect). TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker’s movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4227.101	W	6-7pm	\$60/\$66

YOGA/PILATES

Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4247.101	M	7:30-9pm	\$90/\$99
March 16-June 1			
4247.103	Th	7-8:30pm	\$90/\$99

Hatha Yoga – Ages 16 & up

A combination of controlled body movements, rhythmic breathing and intense concentration for body and mind using several techniques, including “Hatha.” Increase your flexibility and strengthen your back and abdominal muscles, while relieving stress and tension. Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 12-June 11			
4247.104	Su	1:15-2:45pm	\$90/\$99

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4247.107	W	7-8pm	\$60/\$66



Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for a while by taking this course offered conveniently at lunch time. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class you will see how 45 minutes can change your entire week. Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4247.102	T	12:30-1:15pm	\$60/\$66

Senior’s Yoga – 60 & up

This class is specifically designed for seniors looking to relieve stress and tension. The class will partake in “Hatha” yoga, which uses a combination of controlled body movements, rhythmic breathing and intense concentration for body and mind using several techniques. Additional benefits of the class are increasing your flexibility and strengthen your back and abdominal muscles.

Wear comfortable clothing and bring a yoga mat, at least 3/16” thick, and a lightweight blanket. Please register at the Herndon Community Center. **The class will be held at the Herndon Senior Center, 873 Grace St., Herndon, VA.**

8, 1 hour sessions

Class	Day	Time	TOH/NR
March 14 - May 2			
4247.109	T	6-7pm	\$30/\$33*

**Senior discount already applied.*

Lunch Time Pilates – Ages 16 & up

Instead of going out for lunch, come inside the Herndon Community Center for a quick and effective workout. By using stretching and strengthening exercises to tone muscle, improve posture, and provide flexibility, you’ll get a great core workout that will help you achieve flatter abs, longer leaner muscles, heightened body awareness, and enhance your athletic performance. Wear comfortable clothing and bring a Pilates mat, at least 3/16” thick, and a lightweight blanket.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4247.108	W	12-12:45pm	\$60/\$66



No Classes April 16, May 2, & May 27-29

Our program includes instruction in floor exercise, balance beam, uneven parallel bars and vaulting. Children are grouped by age and ability. Students advance based on skill and form. Separate classes have been designed for boys and girls due to the different areas of specialization.

Levels should be repeated to acquire the skills needed to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class, if they are below the skill level necessary to complete the class.

GYMNASTICS FOR GIRLS

Beginner – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4722.103	M	3-4pm	\$65/\$72
March 13-June 5			
4722.104	M	4-5pm	\$65/\$72
March 15-May 31			
4722.105	W	6-7pm	\$65/\$72
March 17-June 2			
4722.106	F	4:30-5:30pm	\$65/\$72
March 25-June 17			
4722.107	Sa	12-1:00pm	\$65/\$72

Advanced Beginner – Ages 6-11

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4722.112	M	4-5:30pm	\$98/\$108
March 15-May 31			
4722.113	W	4:30-6pm	\$98/\$108
March 17-June 2			
4722.114	F	5:30-7pm	\$98/\$108

Advanced Beginner II

Ages 6-11

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4722.115	M	5:30-7pm	\$98/\$108

Intermediate/Advanced

Ages 6 & up

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4722.116	M	5:30-7pm	\$98/\$108
March 17-June 2			
4722.117	F	5:30-7pm	\$98/\$108

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

All Levels – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4722.301	M	3-4pm	\$65/\$72
March 17-June 2			
4722.303	F	4:30-5:30pm	\$65/\$72

All Levels – Ages 5-10

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4722.302	W	6-7pm	\$65/\$72

Gymnastics for Young Beginners (Boys and Girls)

Ages 4-6

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4722.305	Th	9:15-10am	\$65/\$72
March 18-June 10			
4722.306	Sa	11-11:45am	\$65/\$72



Gymnastics Guidelines

Beginning: No experience necessary

Advanced Beginner: Cartwheels/Not afraid to go upside down on bars/Walk on high beams

Advanced Beginner II: Pullover/Round-off/Squat over

Intermediate: Handstand/Kick-over/Squat on/Pullover/Bridge kick-over/Cartwheel on low beam

Advanced: Back walkover/Cartwheel (high beam)/pullover

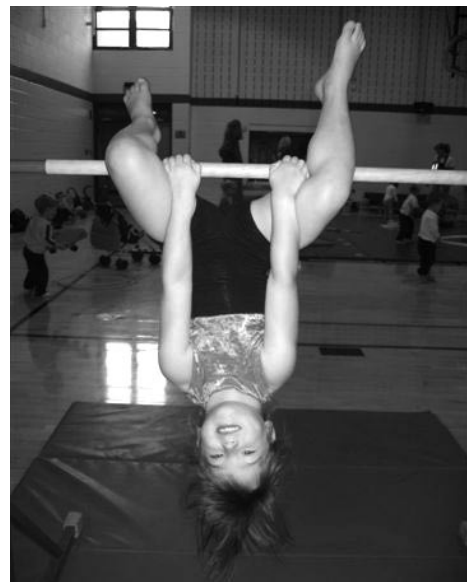


Photo by Tracey Langpaul

JOIN THE MUNCHKATEERS

A coed movement program combining fitness, elementary gymnastics, rhythm and games. Develop your child's motor coordination, strength, and flexibility. All classes are structured, and children should be ready for group instruction.

Parent-Child Munchkateers

Ages 2-3

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4712.202	T	9:15-10am	\$65/\$72
March 17-June 2			
4712.200	F	10:30-11:15am	\$65/\$72
March 17-June 2			
4712.201	F	11:30am-12:15pm	\$65/\$72
March 25-June 17			
4712.207	Sa	9-9:45am	\$65/\$72

Traveling Tots
Perfect for Ages 2-5!
See page 29 for details

Munchkateers I – Ages 3-4

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4712.203	M	10:30-11:15am	\$65/\$72
March 14-June 6			
4712.204	T	11:15am-12pm	\$65/\$72
March 16-June 1			
4712.205	Th	11:15am-12pm	\$65/\$72
March 17-June 2			
4712.206	F	9:30-10:15am	\$65/\$72

Munchkateers II – Ages 4-5

8, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4713.200	M	11:15am-12pm	\$65/\$72
March 14-June 6			
4713.201	T	10:15-11am	\$65/\$72
March 16-June 1			
4713.202	Th	10:15-11am	\$65/\$72
March 17-June 2			
4713.203	F	12:30-1:15pm	\$65/\$72
March 25-June 17			
4713.204	Sa	10-10:45am	\$65/\$72



SPRING OPEN GYM SCHEDULE

Monday	11:30am-3 pm	Adult Basketball
	3-5:15 pm	Youth Basketball
	8:30-10:30 pm	Adult Basketball
Tuesday	11:30 am-1:30 pm	Adult Basketball
	3-5:15 pm	Youth Basketball
	8:30-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30 am-3 pm	Adult Basketball
	3-5:15 pm	Youth Basketball
	8:30-10:30 pm	Adult Volleyball
Thursday	11:30 am-1:30 pm	Adult Basketball
	3-5:15 pm	Youth Basketball
Friday	11:30 am-3 pm	Adult Basketball
	3-5:15 pm	Youth Basketball
	8:30-10:30 pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	3-6 pm	1/2 Adult Basketball & 1/2 Youth Basketball
Sunday	12 Noon-3 pm	1/2 Adult Basketball & 1/2 Youth Basketball

Youth = 17 years & under

Subject to change. Check monthly schedule.

SUPER SHOOTER
BASKETBALL CONTESTCo-Sponsored by
Herndon Parks and Recreation
and Herndon Optimist Club**Sunday, March 5, 1:15pm**
Herndon Community Center

Registration: 12:15-1pm

Age Groups:

Girls 9-10; 11-12; 13-14; 15-17

Boys 9-10; 11-12; 13-14; 15-17

Contest Format

Ages 9-10 & 11-12

- 15 foul shots attempted – 1 point per made shot
- most points wins

Ages 13-14 & 15-17

- 12 foul shots attempted – 1 point per made shot
- 5 three point shots attempted – 2 points per made shot
- most points wins

Awards to top three finishers in each age group

Anyone interested in volunteering,
please come to the Herndon
Community Center at 12:45pm.

Fee: FREE!

Girls on the Run of NOVA

Grades 3-5

Girls on the Run is a life-changing, experimental learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental and physical development. This program will meet on the outdoor basketball courts at the Herndon Community Center. Cost includes: coach, challenging experience and awards banquet. All classes are run rain or shine.

20, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-May 18			
4620.201	T/Th	5-6pm	\$157/\$172



RACQUETBALL LEAGUE

Join our league and meet others who share your love of racquetball. You are provided a weekly schedule and then arrange a match with your opponent at your mutual convenience. The season consists of ten games in an eight week regular season. Playoffs will follow the regular season. Failure to play within the week or report scores is considered a forfeit.

Divisions:

4743.102 Intermediate**4743.103 Advanced**

Awards to top two finishers in each division.

Court fees are included in registration fee. Players receive a punch card to be used during the season.

Informational meeting: Thursday, March 2, 7:30pm at the Herndon Community Center.

Registration deadline: Wednesday, March 8**First week of play begins: Sunday, March 12****TOH-\$70 / NR-\$77**

Hershey Track and Field



The Hershey Track and Field meet is co-sponsored by the Herndon Parks and Recreation Department and Hershey Foods Corporation in conjunction with the National Recreation and Park Association and the President's Council on Physical Fitness & Sports.

- The meet will be held Saturday, May 20 at Herndon High School
-Check-in: 8:30-9:15am
-Events starts: 9:30am
- Compete in running, throwing, and jumping activities in your respective age group.
- Winners have the opportunity to advance to district, state and national meets!
- Registration forms available at the Herndon Community Center beginning in mid-April.
- All participants must pre-register prior to May 16, 2006. Race day registrations **not** accepted.

Preschool Registration for 2006-2007 School Year



Our state licensed Preschool opens next Fall in the **newly renovated** Herndon Community Center with 1000 sq. ft. of space, a private restroom, and play area.

**Newly
Renovated
Classroom**

Your child will benefit from our planned activities in **art, crafts, music, games, special projects, holiday themed parties, outdoor play, outdoor exploration, field trips, and swim time.***

**swim time for the 4-5 year old group only*

September – June, 9am - Noon TOH/NR
Ages 3-4 Tues/Thurs \$925/1030
(must be age 3 by September 30, 2006)

Ages 4-5 Mon/Wed/Fri \$1180/1240
(must be age 4 by September 30, 2006)

A deposit is due at registration.



FRIENDS BY THE BUNCH!!!



33rd ANNUAL NATIONAL VOLUNTEER APPRECIATION WEEK

April 23-29

Thanks to each and every volunteer who has helped make this year special for someone else in the Herndon Community.



EASTER EGG HUNT - RAIN OR SHINE!

Saturday, April 15
Herndon High School Front Lawn
700 Bennett Street

Join the Easter Bunny for all the Eggcitement at the Herndon Parks and Recreation Annual Easter Egg Hunt. Over 7,000 candy and toy-filled eggs. As part of your registration, you and your children can visit FUNLAND which will include magic shows, a petting zoo, Cameron the Caterpillar, Freddy the Frog and a moon bounce. Each age group will have its own egg hunt time. The Easter Bunny will make a grand entrance, and stick around for great photo opportunities. Bring your own basket or bag for collecting eggs.

Egg Hunt for Ages Walking-3	4561.601	10:30am
Egg Hunt for Ages 4-5	4561.602	11:00am
Egg Hunt for Ages 6-7	4561.603	10:45am
Egg Hunt for Ages 8-9	4561.604	11:15am

Tickets can be purchased in advance or at the event.
\$6-Advance/\$8-At Event

ON-SITE REGISTRATION - 9:30-11:15am

FUNLAND - 10:00am-12:30pm



The 26th Annual Herndon Festival



Downtown Herndon
June 1-4, 2006



AIRBUS
Title Sponsor

- Entertainment • Carnival • Arts and Crafts • Fireworks
- Food • Children's Hands On Art Area • Business Expo
- 10k/5k Race • K9-2K

www.herndonfestival.net

Summer Fun in Herndon!

Summer is right around the corner, and it will soon be time to start making plans. Our Summer Camp Brochure will be available **April 13, 2006** and will provide all the details on our fun and exciting summer camps. Sessions run for various lengths beginning the week of **June 26, 2006**.



Summer Seasonal Employment Opportunities

The Herndon Parks and Recreation Department is seeking qualified individuals to work in summer camp programs. Opportunities exist for Directors and Counselors for Summer Fun, Teen Discovery, Preschool Playcamp, Basketball, Soccer, Nature, Dance and Theatre camps. By working daytime hours your summer evenings are free.

Summer Fun and Preschool Playcamp are state licensed programs. Individuals must be at least 18 years of age. This is a fun way to spend the summer outdoors in the company of kids, playing games, leading field trips, teaching crafts, sports and other skills. Wages are competitive, staff shirts and First Aid/CPR training are provided. Contact the Herndon Community Center at 703-787-7300 or go to <http://herndon-va.gov> and click on "Employment" for details and an application.

10K & 5K RACE!



It's time to show that all your hard work has paid off by running the Herndon Festival 10k/5k Race. Both races will take you through historic downtown Herndon, during Herndon Festival weekend. Bring a friend, or run the race by yourself, but make sure you don't miss out on this great event. Registration forms will be available at the Herndon Community Center beginning in mid-March. Awards are presented to the top two finishers in each age group from 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race.

**Pre-registration ends
Thursday, June 1 at 5pm**

**Pre-race packet pick-up and
registration is Saturday,
June 3, 11am-4pm**

**Race day is
Sunday, June 4
with registration and
packet pick-up beginning
at 6:30am**

Race starts at 7:30am

Call **703-435-6800 x2106** to be placed on the mailing list or for more information.



Online
Registration
Available at
www.active.com

www.herndonfestival.net

Outdoor Tennis

No classes May 27-29

OUTDOOR TENNIS

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 21, before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, *two new cans of tennis balls*, and must wear athletic footwear only.

Junior Tennis Circuit

The Herndon Parks and Recreation Department has teamed up with Lowes Island Country Club and the Reston Association to form a Junior Tennis Circuit for local players on the weekends throughout the spring and summer months. This tennis circuit is designed to make competitive play more accessible for local players who are not already playing competitively in USTA. Only club members may play in the tournaments. To partake in the tournaments you must first join a club team. It costs only \$10.00 to join the Herndon Club, which must be paid in advance. All tournaments then require a \$15.00 tournament fee, paid the day of the tournament. Please call the Herndon Community Center for more information, **703-435-6800, x 2106**.

The club tournaments will take place on the dates below; more clubs dates will be available at a later time.

Herndon Community Center – May 7
Bready Park – TBA
Reston Association – TBA
Lowes Island – TBA

The following divisions are available for both boys and girls, play is co-rec:
16 & under; 14 & under; 12 & under; 10 & under

YOUTH

Session 1

Beginner – Ages 6-8 (1.0-1.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
April 17-May 10			
4721.117	M/W	5-5:45pm	\$44/\$48
April 18-May 11			
4721.118	T/Th	5-5:45pm	\$44/\$48
April 22-June 17			
4721.116	Sa	9-9:45am	\$44/\$48

Beginner – Ages 9-15 (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 18-May 11			
4721.119	T/Th	6-7pm	\$44/\$48
April 22-June 17			
4721.115	Sa	10-11am	\$44/\$48

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 17-May 10			
4721.111	M/W	6-7pm	\$44/\$48
April 18-May 11			
4721.110	T/Th	7-8pm	\$44/\$48

Intermediate – Ages 9-15 (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 17-May 10			
4721.112	M/W	7-8pm	\$44/\$48
April 22-June 17			
4721.113	Sa	11am-12pm	\$44/\$48

Intermediate & Advanced Drills & Strategy – Ages 9-15 (3.5-4.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 22-June 17			
4721.114	Sa	12-1pm	\$44/\$48

ADULTS (16 & OLDER)

Session 1

Beginner (1.0 – 1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 17-May 10			
4761.122	M/W	6-7pm	\$44/\$48
April 22-June 17			
4761.121	Sa	8-9am	\$44/\$48

Advanced Beginner (2.0-2.5)

Class	Day	Time	TOH/NR
April 17-May 10			
4761.127	M/W	7-8pm	\$44/\$48
April 22-June 17			
4761.128	Sa	9-10am	\$44/\$48

Intermediate Drills & Strategy (3.0-3.5)

Class	Day	Time	TOH/NR
April 17-May 10			
4761.124	M/W	8-9pm	\$44/\$48
April 22-June 17			
4761.125	Sa	10-11am	\$44/\$48

YOUTH

Session 2

Beginner – Ages 6-8 (1.0-1.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4721.213	M/W	5-5:45pm	\$44/\$48
May 18-June 13			
4721.214	T/Th	5-5:45pm	\$44/\$48

Beginner – Ages 9-15 (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
May 18-June 13			
4721.215	T/Th	6-7pm	\$44/\$48

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4721.211	M/W	6-7pm	\$44/\$48
May 18-June 13			
4721.216	T/Th	7-8pm	\$44/\$48

Intermediate – Ages 9-15 (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4721.212	M/W	7-8pm	\$44/\$48

ADULTS

Session 2

Beginner – (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4761.222	M/W	6-7pm	\$44/\$48

Advanced Beginner (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4761.227	M/W	7-8pm	\$44/\$48

Intermediate Drills & Strategy (3.0-3.5)

Class	Day	Time	TOH/NR
May 17-June 14			
4761.224	M/W	8-9pm	\$44/\$48



Doubles Play and Strategy

All levels

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 24-May 17			
4751.111	M/W	10-11am	\$44/\$48
May 22-June 19			
4751.112	M/W	10-11am	\$44/\$48

Fit & Over 50 Tennis

Ages 50 & up (All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions

Class	Day	Time	TOH/NR
April 24-May 17			
4761.527	M/W	9-10am	\$44/\$48
May 22-June 19			
4761.528	M/W	9-10am	\$44/\$48

PEEWEE

Outdoor Pee Wee Tennis

Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

Session I

8, 30 minute sessions

Class	Day	Time	TOH/NR
April 17-May 10			
4711.111	M/W	9:30-10am	\$29/\$32
April 17-May 10			
4711.112	M/W	10:10-10:40am	\$29/\$32
April 17-May 10			
4711.113	M/W	10:50-11:20am	\$29/\$32
April 18-May 11			
4711.114	T/Th	4-4:30pm	\$29/\$32
April 18-May 11			
4711.115	T/Th	4:30-5pm	\$29/\$32

Session II

8, 30 minute sessions

Class	Day	Time	TOH/NR
May 17-June 14			
4711.211	M/W	9:30-10am	\$29/\$32
May 17-June 14			
4711.212	M/W	10:10-10:40am	\$29/\$32
May 17-June 14			
4711.213	M/W	10:50-11:20am	\$29/\$32
May 18-June 13			
4711.214	T/Th	4-4:30pm	\$29/\$32
May 18-June 13			
4711.215	T/Th	4:30-5pm	\$29/\$32

Herndon Team Tennis League

- Join a fun but competitive co-ed league for Adults 18 & over with games held at Bready Park's Tennis complex.
- Teams will play against each other in scheduled matches to include singles, doubles, and mixed doubles competition.
- Season begins on May 7th and will run through mid to late June.
- Games will be held on Sundays, Tuesday and Thursdays.
- All registration fees and rosters are due by May 1st.
- Rosters must consist of a minimum of 5 players and a maximum of 12 players. Must have at least two men and women per team.
- A complete set of rules is available at the Herndon Community Center by calling Tom Wissinger, Recreation Supervisor – Sports, at **703-435-6800, x 2106.**

4721.811 \$125 per team



Herndon Open Tennis Classic

June 17-25

Divisions for men and women of all ages. Both doubles and singles tournaments will be held.

Please call **703-787-7800** for more information. Entry forms will be available at the Herndon Community Center in mid-April. The registration deadline is **June 13.**



Herndon Junior Tennis League

This league will help players develop their skills while also participating in a fun but competitive environment. There will be separate divisions for both boys and girls ages 9-14. Recreational and Masters divisions are available. Each division will consist of a 6 match regular season plus playoffs and is singles play only. Games will consist of an eight game pro set using no-ad scoring. Matches will be held on Sundays and Wednesdays with an instructional day on alternating Mondays. Play will begin on Sunday, May 14th and run through the end of June. The registration deadline is May 8. Matches will be held at Bruin Park. Players must provide their own balls for the matches. Players need to have general knowledge of tennis rules and gameplay.

TOH-\$63/NR-\$70

Boys Recreational (ages 8-12)

NTRP 2.0-3.0

4725.111

Girls Recreational (ages 8-12)

NTRP 2.0-3.0

4725.112

Boys Masters (ages 10-14)

NTRP 3.5 & above

4725.113

Girls Masters (ages (10-14)

NTRP 3.5 & above

4725.114



Inclement Weather Policy

A decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

INDOOR GROUP LESSON TENNIS SESSION DATES

Mondays: March 6-April 3

Tuesdays: March 7-April 4

Wednesday: March 8-April 5

Thursdays: March 9-April 6

Fridays: March 10-April 7

Saturdays: March 11-April 8

PEE WEE TENNIS

Beginner – Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

5, 30 minute sessions

Class	Day	Time	TOH/NR
March 7-April 4			
4711.143	T	3-3:30pm	\$18/\$20
4711.144	T	3:30-4pm	\$18/\$20
March 9-April 6			
4711.145	Th	4-4:30pm	\$18/\$20
March 10-April 7			
4711.148	F	3-3:30pm	\$18/\$20
4711.149	F	3:30-4pm	\$18/\$20

Advanced Beginner – Ages 4-5

Must have taken a minimum of two (2) Pee Wee Beginner sessions and have approval of previous instructor to move to this level.

5, 30 minute sessions

Class	Day	Time	TOH/NR
March 9-April 6			
4711.241	Th	4:30-5pm	\$18/\$20

Reserve Tennis Court Times for the 2006-07 Season

We will begin to process seasonal contract rental requests April 17, 2006.

TOH residents have priority until April 30.

Starting May 1, all other requests will be honored on a first-come basis.

For more information, call Bob Hilferty at **703-435-6800 X 2110**



YOUTH

All students must provide their own racquet and wear tennis shoes.

Class ratio will not exceed 6 students to 1 instructor

Beginner – Ages 6-8

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 6- April 3			
4721.141	M	4-5pm	\$48/\$53
March 7- April 4			
4721.142	T	4-5pm	\$48/\$53
March 10-April 7			
4721.143	F	4-5pm	\$48/\$53
March 11-April 8			
4721.144	Sa	9-10am	\$48/\$53

Beginner – Ages 9-15

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 6-April 3			
4721.241	M	3-4pm	\$48/\$53
March 8-April 5			
4721.242	W	4:30-5:30pm	\$48/\$53
March 11-April 8			
4721.243	Sa	10-11am	\$48/\$53

Advanced Beginner – Ages 6-8

Must have approval of previous instructor or equivalent playing skills.

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 8-April 5			
4721.261	W	5:30-6:30pm	\$48/\$53
March 9-April 6			
4721.262	Th	5-6pm	\$48/\$53

Advanced Beginner – Ages 9-15

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 6-April 3			
4721.341	M	5-6pm	\$48/\$53
March 7-April 4			
4721.342	T	4:30-5:30pm	\$48/\$53
March 10-April 7			
4721.343	F	4:30-5:30pm	\$48/\$53
March 11-April 8			
4721.344	Sa	11am-12pm	\$48/\$53

Intermediate – Ages 11-15

Must have approval of previous instructor or equivalent playing skills. Anyone younger than 11 years old must have approval of Tennis Manager.

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 7-April 4			
4721.442	T	5:30-6:30pm	\$48/\$53
March 10- April 7			
4721.443	F	5:30-6:30pm	\$48/\$53
March 11-April 8			
4721.444	Sa	12-1pm	\$48/\$53



Advanced – Ages 13 & up

Must have approval of tennis instructor or tennis manager to register

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-April 8			
4731.542	Sa	12-1pm	\$48/\$53
4731.541	Sa	1-2pm	\$48/\$53

ADULT

Beginner (1.0-1.5)

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-April 8			
4741.143	Sa	9-10am	\$53/\$59

Advanced Beginner (2.0-2.5)

Must have approval of tennis instructor or equivalent playing skills to register

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 6-April 3			
4741.241	M	10-11am	\$53/\$59
4741.242	M	11am-12pm	\$53/\$59
March 11-April 8			
4741.243	Sa	10-11am	\$53/\$59

DOUBLES PLAY & STRATEGY

Intermediate (3.0-3.5)

Must have approval of tennis instructor or equivalent playing skills to register

5, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-April 8			
4741.343	Sa	11am-12pm	\$53/\$59

Special Doubles for Seniors

Under 60-\$35 / 60 & over-\$30

5, 1.5 hour sessions

Class	Day	Time
March 6-April 3		
4751.241	M	12-1:30pm
March 9-April 6		
4751.242	Th	11:30am-1pm



Spring Break Tennis Camp

Ages 9-15

A great way for kids to spend their break, learning tennis and having fun. The camp will feature on and off court instruction, warm-ups and conditioning, individual instruction and match play. The camp includes a daily swim – participants must bring a bathing suit and towel every day. Students must provide their own racquet and a new can of balls. In case of inclement weather during the session other sport activities such as racquetball, wallyball, and table tennis may be substituted.

4, 3 hour sessions

Class	Day	Time	TOH/NR
April 10-13			
4721.911	M-Th	8:30-11:30am	\$72/\$80
April 10-13			
4721.912	M-Th	12:30-3:30pm	\$72/\$80
April 17-20			
4721.913	M-Th	8:30-11:30am	\$72/\$80
April 17-20			
4721.914	M-Th	12:30-3:30pm	\$72/\$80

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

2.0-2.5 Advanced Beginner

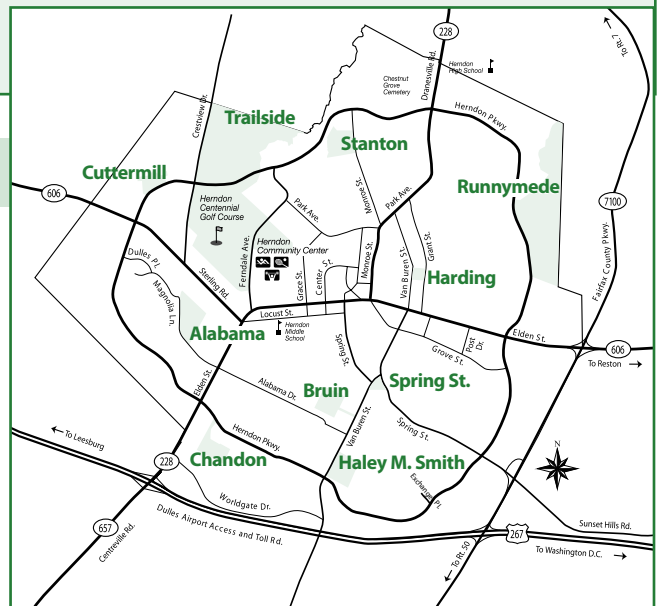
Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.



Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball, soccer, 60' baseball field, outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball

fields, walking areas and a multi-purpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, soccer/multi-use field, basketball & volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

Runnymede Park

Herndon's 58-acre community nature park is located on Herndon Parkway between Elden Street and Dranesville Road. This unique park provides excellent passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first serve basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus and an open play area. The picnic shelter is available for reservations.



Runnymede Park

NATURE BIRTHDAY PARTIES

Celebrate your Nature birthday at Runnymede Park or at the Community Center. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each 1 hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee. Call **703-435-6800 x 2113** to reserve your birthday. \$100 for up to 12 kids.

You Can Schedule Activities In Runnymede Park for

- Scout Badge work & activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at **703-435-6800 x 2113** or the Town Community Forester at **703-435-6800 x 2014**.

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember, all pets must remain on the leash, and please, pick up after your pet!

Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Just call her at **703-435-6800 x 2113**.

Do you have questions or concerns regarding trees?

The Town Forester is available to answer your questions. Just call him at **703-435-6800 x 2014**.

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them; no siblings please, unless they are signed up too. Please be on time as all programs start PROMPTLY!

SPECIAL PROGRAMS

The Annual Friends of Runnymede Park Meeting

Sunday, March 12, 7-9pm

**Herndon Police Station,
397 Herndon Parkway**



Very brief business meeting to elect new officers and report on status of Nature Center planning. In addition, Dave Swan, president of the Friends of Runnymede will present a photography show highlighting the beauty of Runnymede Park.

Information and refreshments.

20th Annual Sugarland Run & Runnymede Park Clean-Up Day

Sponsored by The Friends of Runnymede Park, Dept. of Parks and Recreation & Dept. of Community Development

**Saturday, March 18 (Rain date April 1)
8am-12pm**

Meet at the Hunter's Creek Clubhouse off Queen's Row Street. For more information call the Town Forester at **703-435-6800 x 2014**. Groups: please call to pre-register and get assignments.



NATURE

Landscape Workshop & Natural Pest Control – Adults

The Town Forester will lead a Landscape and Natural Pest Control Workshop at Meadowlark Gardens. See actual native plant landscaping, in this 4-hour workshop and trail hike. If you are interested in birds, butterflies, and wildlife, learn the plants and natural landscape designs to attract them to your habitat. No yard is too big or too small! Transportation provided by 15-passenger van. Meet at Herndon Community Center.

1, 4 hour session

Class	Day	Time	TOH/NR
March 4			
4361.001	Sa	9am-1pm	\$3/\$3 per person

Tiny Trekkers!

Ages 2-3 years, plus adult

Discover nature with your Tiny Trekker at Runnymede Park. Let's explore animals and their habitats. We will bring out the wild animal in your Tiny Trekker with a wildlife mask we will make to take home!

1, 1 hour session

Class	Day	Time	TOH/NR
April 1			
4361.002	Sa	10-11am	\$5/\$5 per family

Little Nature Inspector – Ages 4-6

The Little Nature Inspector program is a "hands-on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce our lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world. Our instructor, Gretchen Harris, is a licensed and certified teacher, with a passion for environmental education and nature. All programs will be held at Runnymede Park unless otherwise noted. Parents can wait at the picnic area or the Old Carroll Cabin while their "Little Nature Inspector" explores the park. Feel free to register for all sessions.

Budding Trees & Flowers, Aquatic Water Life, Metamorphosis

3, 1.25 hour sessions

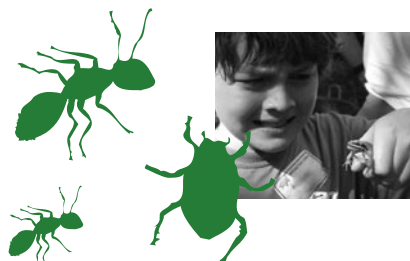
Class	Day	Time	TOH/NR
April 4, 18, 25			
4361.003	T	5-6:15pm	\$35/\$35 per child

Insects & Spiders, Meadow Hoppers & Forest Animals, Nocturnal Creatures

Class	Day	Time	TOH/NR
May 9, 16, 23			
4361.004	T	5-6:15pm	\$35/\$35 per child

Geology & Crystals, Uncover a Fossil, Dinosaurs

Class	Day	Time	TOH/NR
June 6, 13, 20			
4361.005	T	5-6:15pm	\$35/\$35 per child





Forest & Meadow Wildflower Walk – All Ages

Take a guided tour of the beauty of Runnymede Park's meadow and forest wildflowers. A Virginia Native Plant Society Volunteer will lead this low-impact hike. You will want to bring your camera and Natural History Journal as our volunteer will be identifying numerous plants for us. Join us at the picnic area after the program for a refreshing herbal tea provided by the Town Naturalist.

1, 3 hour session

Class	Day	Time	TOH/NR
April 8			
4361.006	Sa	1-4pm	\$3/\$3 per person

National Arboretum Tour

All Ages

Azaleas in Bloom

Visit one of the area's most beautiful preserved habitats. An Arboretum tour guide will lead us through the spectacular azalea gardens, and share the plants and trees from around the world! Bring a bag lunch for a lawn picnic at the United State's State Tree Picnic garden area. We will have a walking tour through the National Herb Garden and the National Bonsai Garden. Vans depart from the Herndon Community Center.

1, 4.5 hour session

Class	Day	Time	TOH/NR
April 28			
4361.007	F	11am-3:30pm	\$10/\$10 per person

Reptiles Alive! – All Ages

We'll see live (non-venomous) snakes, toads, and turtles! We will learn about where they live, what they eat, and how they behave. Have you ever held or touched a live snake or fed a toad? If you are willing, these amazing, friendly creatures will certainly allow you to!

1, 1.5 hour session

Class	Day	Time	TOH/NR
April 14			
4361.008	F	5-6:30pm	\$5/\$5 per person

Pond Study – All Ages

Let's catch, identify, then release small aquatic life in Runnymede Park's pond. Wear old shoes or rain boots. We will provide the dip nets, critter keepers, and field guides. Meet and park in the end circle of Cavendish Street.

1, 1.5 hour session

Class	Day	Time	TOH/NR
May 13			
4361.009	Sa	10-11:30am	\$5/\$5 per family

Nature Sketch Workshop

All Ages

Spend a spring day observing nature, then translate your observations into the beginnings of a Natural History Journal that you can add your outdoor experiences to throughout your life. We will cover the basics of sketching nature, and interpreting your findings into a field journal. Biologists, Naturalists, Teachers, Scientists, and regular folks, just like us use Natural History Journals. Local artist Josh Renne, will provide advice and commentary as he leads the program. Pencils and journals provided.

1, 1.5 hour session

Class	Day	Time	TOH/NR
April 29			
4361.010	Sa	11am-12:30pm	\$10/\$10 per person



Kids at Hope

Kids at Hope, a national organization, works with communities in order to reverse the self-fulfilling prophecy associated with the expression "youth at risk." According to Rick Miller, Founder of Kids at Hope, "For almost three decades we have labeled most of America's children as "at risk" thereby unintentionally limiting their potential. Kids at Hope studies the science of hope, optimism and success and teaches strategies that promote the success of all children, without exception.

With the generous support from the National Recreation Foundation, Kids at Hope was able to award grants to four communities across the country willing to offer leadership to an initiative which would rally an entire community around a common set of principles and practices demonstrating how all children can in fact succeed, NO EXCEPTIONS! Vecinos Unidos-Neighbors United in Herndon was selected to receive one of these community grants to provide a series of trainings.

Learn more about Kids at Hope at www.kidsathope.org or become involved locally by contacting Lydia Deem at ldem@cox.net



2nd Annual Kids Trout Fishing Derby – All ages up to 15

(16 years old and up, MUST have a valid Virginia State Fishing License AND your Trout Stamps)

Sugarland Run Stream's clear cool waters used to house native trout. You are invited to our 2nd Annual Kids Trout Fishing Derby where we will stock the stream with native Rainbow and Brown Trout. All the necessary equipment will be provided to make your catch of the day successful! In addition, Trout Unlimited will help you clean and store your beautiful catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Recipes will be provided. Please wear shoes you do not mind getting wet or muddy.

Saturday March 25

7am - 12pm

4361.014/\$5 entry fee

All kids MUST be accompanied by an adult. All equipment will be provided, including bait! Program meets on the Sugarland Run Stream Trail behind Stuart Woods Apartments (call for more specific directions.) Thanks to the Fraternal Order of Police, Herndon Police Lodge 64 and Trout Unlimited.



Batfest – All Ages

Celebrate Virginia's flying mammal with Runnymede Park's Second BatFest! Bat World NOVA will participate in this event. We will have a huge display of Bat boxes, and if you look carefully you will actually see Bats inside. Experience Bat Chat, the social vocalizations of Bats, Batty crafts, and take a hike and encounter an Echo Location device to locate bats.

1, 2 hour session

Class	Day	Time	TOH/NR
May 20			
4363.011	Sa	7-9pm	\$7/\$7 per family



Spider Search – All Ages

The meadow at Runnymede Park is a great place to search for spiders. Let's catch, study, then release our arachnid friends as we learn about our Web of Life.

1, 1.5 hour session

Class	Day	Time	TOH/NR
June 10			
4361.012	Sa	10-11:30am	\$5/\$5 per person





PRE-BALLET

This class combines the basics of ballet along with teaching rhythm and coordination. The students will grow to love the fine art of ballet as they learn to follow instructions and have fun. A parent observation day will be held during the last class.



Beginner – Ages 3-5

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.001	M	11:45am-12:30pm	\$54/\$60
March 11-June 3			
4321.002	Sa	10-10:45am	\$54/\$60
March 14-May 30			
4321.003	T	9:45-10:30am	\$54/\$60

Intermediate – Ages 4-6

1 Session/6 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.004	M	12:30-1:15pm	\$54/\$60
March 11-June 3			
4321.005	Sa	10:45-11:30am	\$54/\$60
March 14-May 30			
4321.006	T	10:30-11:15am	\$54/\$60

Advanced – Ages 4-5

1 Session/6 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.007	M	1:15-2pm	\$54/\$60

Baby Ballerinas – Ages 2½-3½

An exciting dance class for the little ones! This class will teach basic pre-ballet technique through stories and beginning technique.

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.008	Th	11:45am-12:30pm	\$54/\$60
March 11-June 3			
4321.009	Sa	9:15-10am	\$54/\$60

Mommy and Me – Ages 2-3

This delightful class is for the youngest ballerinas. It will strengthen their minds and their feet. Youngsters should put on their dancing shoes and get ready for loads of fun! Parent must be willing to participate with child.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-May 30			
4321.026	T	12:30-1:15pm	\$54/\$60

TAP/JAZZ

Students learn the basic rhythms of tap and the special stylized movements of jazz dance.

Beginner – Ages 7-12

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4321.010	W	5-6pm	\$54/\$60

Advanced – Ages 11-14

Teacher approval or 3 years experience

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4321.011	Sa	1-2pm	\$54/\$60

BALLET/JAZZ

A combination of ballet techniques and movements and the special stylized movements of jazz dance.

Intermediate/Advanced

Ages 7-10

1 Session/6 months experience

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 2			
4321.012	F	4-5pm	\$54/\$60

BALLET/TAP COMBO

A combination of ballet techniques and movements, with rhythms of tap.

Beginner/Intermediate

Ages 7-12

No experience necessary

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.013	Th	5-6pm	\$54/\$60

COMBINATION DANCE

The perfect introduction to dance providing instructions in the basics of ballet, tap and tumbling while learning self confidence and an appreciation of the movement. Ballet slippers and tap shoes are required.

Beginner-Ages 3-5

No experience necessary

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-May 30			
4321.014	T	11:30am-12:15pm	\$54/\$60
March 16-June 1			
4321.015	Th	12:30-1:15pm	\$54/\$60

Beginner – Ages 5-8

No experience necessary

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4321.016	Sa	11:30am-12:15pm	\$54/\$60

Intermediate – Ages 4-8

1 Session/6 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.017	M	2-2:45pm	\$54/\$60

Intermediate/Advanced

Ages 5-8

6-9 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.018	Th	1:15-2pm	\$54/\$60

Intermediate/Advanced

Ages 6-10

6-9 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4321.019	Sa	12:15-1pm	\$54/\$60

Advanced V – Ages 7-10

By teacher recommendation only

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.020	M	3-4:30pm	\$81/\$90

ACRO DANCE

Learn the techniques of jazz and tumbling choreographed together to upbeat music. This fun, unique dance form is a relatively new dance craze. Class attire: Dance or gymnastics clothing and bare feet.

Beginning/Intermediate

Ages 7-10

Able to execute cartwheels and basic front roll

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4321.021	W	4-4:45pm	\$54/\$60

BELLY DANCE

Belly dance is a fun, low-impact, cardiovascular workout! It particularly works on the torso, promotes abdominal strength, all over flexibility, proper alignment and great body posture. This beginning class will also focus on flexibility and rhythms of the Middle East and North Africa.

Participants are asked to wear comfortable clothing such as leotard, tights, leggings or drawstring pants, exercise or dance shoes, a scarf or belt long enough to tie around the hips comfortably, and a piece of light-weight fabric measuring 3 yards by 45 inches wide.

Adult Belly

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.022	M	6-7pm	\$54/\$60

Belly II – Adult

By teacher recommendation or 12 weeks experience

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.023	M	7-8pm	\$54/\$60

Early Bird Belly Dance

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.024	M	6-7am	\$54/\$60



Belly Dance with Props

This class will focus on familiarizing the dancer with different props and the moods, movements, and music appropriate to each of them. Veil is peripherally covered in Belly I and II. Jug, basket, cane, sword (dulled hunks of metal with handles!) and finger cymbals will be covered in this session. Loaner props will be available for students to use and decide if they are comfortable enough to consider owning their own. Anyone already taking another form of dance or movement are welcome, including Belly I students. Questions may be asked of the instructor by e-mail (Bambispage2002@yahoo.com) or leave note in her mailbox at the Herndon Community Center. Please leave return contact information.

Belly II – Adult (with props)

By teacher recommendation or 12 weeks experience

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4321.025	T	7:30-8:30pm	\$54/\$60
No class May 2			

Adult Ballet Stretch

Need an exercise class before work? Come to Ballet Wake-UP for Beginners! Gentle workouts to beautiful music will leave you feeling refreshed and ready to start your day. We begin with a warm-up on the floor, then barre work, and floor combinations. Men and women of all ages are welcome and encouraged to attend! Required class attire: some kind of leg covering (tights, leggings or sweats will do), a leotard or close fitting T-shirt, ballet slippers or soft-shoes and hair confined. *No previous experience needed.*

Early Bird Ballet Stretch – Adult

No experience needed

24, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-June 1			
4321.027	T/Th	6-7am	\$108/\$120

Adult Ballet

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 17-June 2			
4321.028	F	6-7pm	\$54/\$60

HIP-HOP

Hip-hop is noted for its lively, sometimes very bouncy style, and is highly energetic and expressively performed. The hip-hop class will emphasize creativity, building confidence, personal expression and energy.

Beginner – Ages 4-6

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.029	Th	2-2:45pm	\$54/\$60

Beginner – Ages 11-14

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4321.030	Sa	3:15-4pm	\$54/\$60

HIP-HOP JAZZ DANCE

Enjoy all that the Hip-Hop class above offers plus basic jazz steps with the most modern styles.

Beginner – Ages 7-12

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.031	Th	4-4:45pm	\$54/\$60

Advanced – Ages 9-13

For those with prior hip-hop or other dance experience. This class emphasizes technique and performing skills.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4321.032	M	4:30-5:15pm	\$54/\$60
March 17-June 2			
4321.033	F	5-5:45pm	\$54/\$60





SALSA

Salsa has become a very popular dance form in recent years. Why not take a salsa class to learn one of the best kept secrets of dance?

Adult Salsa I

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 15-May 31			
4321.034	W	6-7pm	\$54/\$60

Adult Salsa II

12 weeks experience or Salsa I

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 16-June 1			
4321.035	Th	6-7pm	\$54/\$60

Latin Dance – Ages 17 and up

The drama of the Latin dances arrived from Cuba in the 1950's and has returned. Once you learn the sultry Cuban motion, you can let loose and express yourself with exciting moves. You will learn the rumba, cha-cha, mambo, merengue, lambada, tango, and samba.

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
March 11-June 3			
4321.036	Sa	2:15-3:15pm	\$54/\$60

Performing Arts

Look what's happening at the Industrial Strength Theatre:

- **January 28-February 18:** Elden Street Players production of **Invention of Love**
- **February 4-19:** Elden Street Players 'Theatre for Young Audiences' production of **Rapunzel**
- **March 24-April 15:** Elden Street Players production of **Three Tall Women**
- **April 1-16:** Elden Street Players 'Theatre for Young Audiences' production of **SD 2006**
- **April 28 at 7:30pm, April 29 at 2pm and 7:30pm, April 30 at 2pm:** Towne Square Singers' Spring Concert "Center Stage-A Variety Show"

Call **703-481-5930** for Elden Street Player ticket orders and be sure to check out www.eldenstreetplayers.org for more information. Call **703-787-7300** for ticket reservations for the Towne Square Singers.

MUSIC

Group Acoustic Guitar

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical, or acoustic guitars only.

YOUTH

Beginner – Ages 7-12

No experience necessary

12, 50 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4421.001	M	4-4:50pm	\$54/\$60

Intermediate – Ages 7-12

8 weeks experience

12, 50 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4421.002	M	5-5:50pm	\$54/\$60

Advanced – Ages 7-12

20 weeks experience

12, 50 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4421.003	M	6-6:50pm	\$54/\$60

ADULTS

Beginner – Ages 13 and up

12, 50 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4421.004	M	7-7:50pm	\$54/\$60

Intermediate/Advanced

Ages 13 and up – 8 weeks experience

12, 50 minute sessions

Class	Day	Time	TOH/NR
March 13-June 5			
4421.005	M	8-8:50pm	\$54/\$60

Private Guitar Lessons

Ages 7 & up

Private lessons are now offered at the Herndon Community Center. Instruction will proceed at the student's pace. If you are interested, call our office at 703-435-6800 x2120 and place your name on the list. **The instructor will contact you to confirm a time, and then you may register for the class.** Instructional book is included in the cost of the class.

8, 40 minute sessions

Class	TOH/NR
4449.037	\$147/\$163



THEATER

Imagination Theatre – Ages 5-7

Create funny characters! Sing songs! Jump, laugh and play together. In this class, your child will discover just how much fun theater is while learning basic theater skills such as stage direction, voice projection, and body movement. These will be the first steps towards those Broadway lights. Classes culminate in a final performance for family and friends.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4123.001	T	5:30-6:15pm	\$54/\$60
No class May 2			

Front and Center: Basic Theater Skills – Ages 5-7

Does your child have the drama bug? Learn the fundamentals of acting and character while exploring theatrical styles including drama, comedy, contemporary, and classical. Build confidence and creativity while having the opportunity to play many types of roles. Children will begin to look at the technical side of theater and will see how many different jobs it takes to put on a performance. The class culminates in a final performance for family and friends.

12, 45 minute sessions

Class	Day	Time	TOH/NR
March 14-June 6			
4123.002	T	6:30-7:15pm	\$54/\$60
No class May 2			

Towne Square Singers

Center Stage-A Variety Show

Produced by the Town of Herndon Department of Parks and Recreation featuring the Towne Square Singers. This spring's concert will feature a little bit of everything: swing numbers from the Big Band Era, some pop ballads, some Latin and calypso. Hear great standards such as "Here Comes the Sun," "Under the Boardwalk," and "Blue Bayou." Tickets are \$10.

Friday, April 28, 7:30pm; 4123.010
Saturday, April 29, 2pm; 4123.011
Saturday, April 29, 7:30pm; 4123.012
Sunday, December 4, 2pm; 4123.013

The theatre is located at 269 Sunset Park Dr. Tickets are available at the Herndon Community Center by calling **(703) 787-7300**.



ARTS & CRAFTS

Cartooning – Ages 12 & up

Learn how to develop a cartoon strip. Create cartoon characters, choose an environment or background, learn sequencing, write a script or dialog for the characters to interact with each other. Assignments will be given in each session as well as time to work in class. The “one liner” cartoon will also be discussed. A materials list will be given in the first class.

8, 1 hour sessions

Class	Day	Time	TOH/NR
March 14-May 9			
4141.005	T	6:30-7:30pm	\$60/\$65
No class May 2			

Fashion Illustration for Fashion Designers – Ages 18 & up

This class is for fashion designers who want to dramatize their creations by showing them for the fashion figure. Once the basic figure is drawn, costumes can be shown on a dramatic pose to capture the imagination and mood of the fashion. Learn how to draw the exaggerated figure for the fashion world. Learn skeletal basics, proportions, gesture sketches and more. Demonstrations and samples will be shown. Work with pencil, pen, charcoal and pastels. A materials list will be given during the first class.

8, 2 hour sessions

Class	Day	Time	TOH/NR
March 14-May 2			
4141.006	T	10:30am-12:30pm	\$90/\$100

Silk Painting and Batik

Explore the traditional art of Silk Painting and Batik (wax resist) to decorate home furnishings and silk clothing. A supply fee of \$25.00 is payable to the instructor.

2, 3 hour sessions

Class	Day	Time	TOH/NR
April 19, 26			
4141.010	W	6-9pm	\$90/\$90

Floor Cloth Workshop

Design and color a 2' x 3' canvas floor cloth using Faux Painting and Stenciling techniques. A \$25.00 supply fee is payable to the instructor.

1, 3 hour session

Class	Day	Time	TOH/NR
May 10			
4141.009	W	6-9pm	\$45/\$45

Explorations in Watercolor

Ages 15 & up

This class is designed for the more adventurous painter. We will try to push our painting beyond the ordinary and pursue the exceptional painting. Experience in watercolor painting is necessary. *200 Great Painting Ideas for Artists*, by Carole Katchen will be referenced throughout the class. There is a weekly critique of work and regular demonstrations of new ideas or techniques.

7, 2 hour sessions

Class	Day	Time	TOH/NR
April 25-June 13			
4141.008	T	7:30-9:30pm	\$145/\$159*
No class May 2			

Watercolor Workshop and Critique – Ages 15 & up

This class is for students with experience in watercolor. Painting subjects are decided by the student. There is strong emphasis on good composition, design, and glowing color. Weekly critique. Regular class demonstration on new techniques.

7, 2 hour sessions

Class	Day	Time	TOH/NR
April 27-June 8			
4141.003	Th	10am-12pm	\$145/\$159*

Beginning Watercolor

Ages 15 & up

This class is a must for anyone contemplating watercolor as a medium. It teaches the basic concepts necessary to paint in watercolor successfully, as well as some of the fun “tricks” of the medium. Color mixing is included. This class is a requirement for any of the more advanced classes.

7, 2 hour sessions

Class	Day	Time	TOH/NR
April 25-June 8			
4141.004	Th	2-4pm	\$145/\$159*

*No Senior Discount on these classes



COOKING

Cooking with Kids - Ages 6 -14

Kids can enjoy a hands-on cooking experience. Children will learn the basics of cooking and sample the featured food items. Pick and choose the best class for your child. Please bring an apron.

1, 1 hour session

Class	Day	Time	TOH/NR
March 13 , Stir-Fry (Ages 10-14)			
4120.015	M	4-5pm	\$20/\$20
March 20 , Sandwiches & Tea (Ages 6-10)			
4120.016	M	4-5pm	\$15/\$15
March 27 , Fruit Salad & Tuna Pasta Salad (Ages 6-10)			
4120.017	M	4-5pm	\$15/\$15

Cook and Book - Ages 5 -7

Kids will follow a recipe and read a book related to the items being cooked. Stone Soup participants need to bring a well scrubbed small stone.

1, 45 minute sessions

Class	Day	Time	TOH/NR
April 3 , Stone Soup			
4120.018	M	4-4:45pm	\$15/\$15
April 10 , Partly Cloudy with a Chance of Meatballs			
4120.019	M	4-4:45pm	\$15/\$15

PET FIRST AID-ADULTS

Ages 16 & up

Learn First Aid and Lifesaving for pets until professional veterinarian help is obtained. Your pet depends on you for his or her well-being. In addition to providing daily care, love and affection, your best friend depends on you in an emergency – whether your pet becomes ill, or needs help in a disaster. Pet First Aid teaches you emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Participants may not bring their pets to the class.

1, 3.5 hour session

Class	Day	Time	TOH/NR
April 8			
4645.002	Sa	10am-1:30pm	\$45/\$45
May 13			
4645.003	Sa	10am-1:30pm	\$45/\$45

Dog Obedience Classes Coming Soon!

Call Ann Hoy at 703-435-6800 x2119 for more information.

See the NEW Tiny Trekker and Little Nature Inspector class for youngsters on page 22.



American Heart Association CPR for Family and Friends

These courses target all lay rescuers, such as parents of children and family members of patients at risk for sudden cardiac death, as well as other laypersons who want to learn rescue skills for loved ones. Courses can be taken individually for the fees listed below. If both courses are desired, the rate for attending both is \$55. If students desire a completion certificate (accreditation) for either class or the combination of both, the student must pass a written test and pay the instructor on the first night of the class an additional \$15 for an individual class or \$20 for the combination of both.



Adult CPR for Family and Friends – Ages 14 & up

The CPR for Family and Friends Course is modular and teaches rescuers skills in CPR and relief of choking (foreign-body airway obstruction). The course presents information about the American Heart Association Adult Chain of Survival and signs of heart attack, cardiac arrest, stroke and choking.

1, 3 hour session

Class	Day	Time	TOH/NR
March 9			
4641.001	Th	6:30-9:30pm	\$35/\$35
May 9			
4641.002	T	6:30-9:30pm	\$35/\$35

Infant/Child CPR for Family and Friends – Ages 14 & up

The Infant and Child course also presents information on the American Heart Association Pediatric Infant and Child Chain of Survival, signs of choking in infants and children, how to reduce risk of sudden infant death syndrome (SIDS), and prevention of the most common fatal injuries in infants and children.

1, 3 hour session

Class	Day	Time	TOH/NR
April 13			
4641.003	Th	6:30-9:30pm	\$35/\$35
May 16			
4641.004	T	6:30-9:30pm	\$35/\$35

Combination Class

2, 3 hour sessions

Class	Day	Time	TOH/NR
4641.005			\$55/\$55

CHESS

Chess is growing in popularity and everyone should know how to play. The game helps develop critical thinking skills, concentration and basic strategy. Chess sets will be provided.

Beginner – Ages 8-12

Student will learn the following rules of chess: conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, difference between checkmate and stalemate, basic strategy and tactics.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 11-April 29			
4645.010	Sa	10:30-11:45am	\$55/\$60

Intermediate – Ages 8-12

Student will learn the values of the chessmen and tactics of chess including: Pins, forks, skewers, double attack, discovered check, and double check; how to record a chess game, guidelines to opening play, fool's mate and scholar's mate.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
March 11-April 29			
4645.011	Sa	12-1:15pm	\$55/\$60

BABYSITTING

Kidsit Babysitting Certification – Ages 11-15

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys and games, first aid, how to handle emergencies and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit Certification and CPR completion card. Please bring a lunch.

1, 6 hour session

Class	Day	Time	TOH/NR
April 1			
4620.001	Sa	10am-4pm	\$48/\$48
April 22			
4620.002	Sa	10am-4pm	\$48/\$48
May 6			
4620.003	Sa	10am-4pm	\$48/\$48
May 20			
4620.004	Sa	10am-4pm	\$48/\$48

TEENS & KIDS NIGHT OUT

Teen Horseback Riding

Grades 7-12

Come with the Herndon Parks and Recreation staff for an escorted horseback trail ride through the beautiful countryside of rural Virginia. Trip includes drivers/chaperones, escort, trail ride and equipment. Lunch stop is on the way there, but not included in the price approx. \$7-10 per person. FCPS Holiday. *No refunds after April 4*

Class	Day	Time	TOH/NR
April 13			
4830.201	Th	9am-2:30pm	\$35/\$35



Teen Nights – Middle School Students Only

Come to the new Teen Nights at the Herndon Community Center!

Tickets will be sold at the Herndon Middle School the Thursday and Friday before the event and at the Herndon Community Center the week of the event. Must present school I.D. or have a parent present when registering at the door.

March 10, April 28, May 19
8:00-10:30pm, \$4 Advance/\$5 at Door

Kid's Night Out – Ages 5-11

Need a date night? Enjoy a romantic evening with your spouse while your children enjoy a night of fun! PG/G movies, gym games, board games and much more! Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Cheese pizza will be served as well as snacks. *Limited space available*

Class	Day	Time	TOH/NR
March 24			
4620.501	F	6:30-9:30pm	\$9/\$9
April 7			
4620.502	F	6:30-9:30pm	\$9/\$9
May 5			
4620.503	F	6:30-9:30pm	\$9/\$9



Adventure Program/Trips/Renovation Update

ADVENTURE PROGRAM

Outdoor Rockclimbing at Great Falls – Ages 12 & up

This is an introductory 8-hour course which combines teaching and climbing. You won't be sitting for long during this trip! Trip includes 6 hours of interactive climbing, gear, instructor, driver/escort, and transportation. Bring your own snacks and lunch.

No refunds after March 28

Class	Day	Time	TOH/NR
April 11			
4860.201	T	8:45am-4:45pm	\$95/\$95

Traveling Tots – Ages 2-5

We are off to Explore & Moore in Woodbridge, Va. This is a hands-on, interactive environment; a family place where the young and young-at-heart can explore, create, learn and exercise their imaginations! Children under 2 must register and are not free. Transportation is by 15-passenger van. Please allow time to install car seats.

No refunds after March 20

Class	Day	Time	TOH/NR
March 28			
4810.201	T	8:30am-1:30pm	\$12/\$12

Sugarland Run Trail

A new hike and bike trail has been opened for public use on the Sugarland Run Stream in the Town, connecting the Northern Virginia Regional Park Authority W&OD Bike Trail to the Fairfax County Sugarland Run Trail. The Town's section is approx. one-and-a-quarter miles in length and features a ten-foot-wide, paved path, bridges for stream crossings, and a board walk.

The trail runs through heavily-wooded areas where trail users can enjoy a variety of wildlife, birds and diverse plant life. The trail connecting into the Fairfax County trail system allows users to continue through the stream valley to Route 7 or to connect to the Folly Lick Trail, which runs through Kingstream and Hiddenbrook Subdivisions in Fairfax County.

For more information, call the Fairfax County Park Authority at **703-324-8726** or call the Town of Herndon Parks and Recreation Department at **703-787-7300**.

TRIPS

National Air & Space Museum, Udvar-Hazy Center – Ages 55 & up

Come with the Herndon Parks and Recreation to the Stephen F. Udvar-Hazy Center in Chantilly, Virginia. Enjoy a guided walking tour of this fascinating museum. Fee includes transportation by 15-passenger vans and drivers/escorts. Only 26 spaces available! *No refunds after March 10*

Class	Day	Time	TOH/NR
March 20			
4850.101	M	10am-1:30pm	\$8/\$8
April 10			
4850.102	M	10am-1:30pm	\$8/\$8

The Chef's Table @ Stratford University – All Ages

Take a trip to Stratford University's Culinary Arts Chef's Table in Falls Church for a seated Russian lunch made special by the students. Feast on the creations of tomorrow's superstar chefs. We will view the students busily making our meal on the way to the dining area. Don't miss this unique opportunity! Lunch includes five-course meal, beverages, and taxes. Transportation is by 15-passenger van. Only 26 seats available! *No refunds after March 24*

Class	Day	Time	TOH/NR
April 7			
4860.501	F	10am-2:30pm	\$28/28

James Madison's Montpelier – All Ages

Montpelier is a 2,750-acre estate located in Orange, Virginia. You will enjoy a Powerpoint briefing, the restoration tour of the mansion, a visit to the Education Center to take in the exhibits and "Discovering Madison" film, the landscape and formal gardens, and the walking trails in the James Madison Landmark Forest. You can also visit the Mount Pleasant archaeological site, the Madison Family Cemetery and the Slave Cemetery. Trip includes transportation by motor coach, driver, escort, admission and guided tour.

No refunds after April 12

Class	Day	Time	TOH/NR
April 18			
4850.301	T	9am-4:30pm	\$47/\$47

Atlantic City – Ages 21 & up

It's a Herndon tradition! Don't miss the trip to Atlantic City, NJ. It could be your lucky day to win big! Play the slots or stroll the boardwalk for some shopping! The trip includes continental breakfast, motor coach transportation, driver, escort, six-hour day at the casino and \$20 cash from the Hilton Hotel!

No refunds after May 1

Class	Day	Time	TOH/NR
May 15			
4840.101	M	7am-10pm	\$42/\$42



Museum of the Shenandoah Valley – All Ages

The Museum of the Shenandoah Valley interprets the art, history, and culture of the great valley for which it is named. This regional museum complex in Winchester, Virginia, includes a historic house dating to the 18th century, six acres of spectacular gardens and, just opened in April 2005, a new museum designed by internationally-recognized architect Michael Graves. Trip includes transportation by motor coach, driver, escort, admission to museum, historic house and gardens, tour of the Glen Burnie Historic House and a buffet lunch.

No refunds after May 1

Class	Day	Time	TOH/NR
May 10			
4860.301	W	8:45am-4:15pm	\$75/\$75



Community Center Renovation Phase IV

The new and improved Herndon Community Center will take significant shape over the spring season. The steel beams, walls, windows, doors, and brick facing will be completed and interior work will be well underway. You will see the new front entrance looking out onto Ferndale Avenue. By the end of the spring session, the new and improved Herndon Community Center will not be far away.

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our 6 convenient registration methods will begin for TOH-residents at 10am on Wednesday, February 22. Open registration for non-TOH-residents will begin at 10am on Tuesday, February 28.

WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

Two easy indicators are that if your car personal property tax sticker or your water bill is from the Town of Herndon. If you have questions, please call us at 703-787-7300 and we can assist you.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on Tuesday, February 28.

Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.

FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date must be done for each class. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Exception: with trips that have specific refund request deadlines, the 20% fee applies. Refunds are calculated based on the remaining classes at the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the mid-point of the program, refunds or letters of credit will not be given for any reason (other than classes canceled by the department).

PARTICIPATION OPEN TO ALL

The HCC programs and facilities are open to all citizens regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE

In accordance with the Code of Virginia, a fee in the amount of thirty dollars (\$35) will be collected for every check returned to the Town of Herndon.

A SEPARATE CHECK IS REQUIRED FOR EACH REGISTRATION.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for Recreation programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications for assistance. Additionally, in cooperation with Northern Virginia Family Services, the Town provides

scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Call 703-435-6800 x2107 for information or visit the Community Center for assistance.

ATTENTION SENIORS!

Senior adults age 60 and over receive a 50% discount on classes, except where noted. Discounts do not apply to classes that meet one time.

6 EASY REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on February 22 for TOH Residents, and 10am on February 28 for non-TOH Residents.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at <http://herndon-va.gov>. Once your account is established and the registration period has opened, you may enroll online any time 24 hours a day.

Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.



2. TOUCHTONE registration is available 24 hours a day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call the community center at 703-435-6800 x2100 to obtain customer identification numbers for yourself and your family members and your password. Credits on account cannot be applied through Touchtone registration. **Registration for classes with this icon is not available through touchtone.** Signature on our liability waiver will be required prior to participation.



3. MAIL a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**

4. FAX (24-hours-a-day) a completed form with a VISA or Master Card number and expiration date to: 703-318-8652. Faxed registrations cannot be verified.

5. DROP OFF a completed form with separate check, money order or credit card payment into the drop boxes at the reception desks of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

6. IN PERSON registration at the reception desk at the HCC.



A New & Improved Registration Form

Now you can use one form for multiple class registrations!

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

Registration for Town of Herndon Residents begins on **Wednesday, February 22 at 10am.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 28 at 10am.**

PHONE: 703-787-7300
FAX: 703-318-8652

Spring 2006 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL _____

Participant Name (Last, First)	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F <input checked="" type="radio"/>	0000.000	Level 4	\$58	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$35 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____



RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



TOWN OF HERNDON CELEBRATES EARTH DAY!

Runnymede Park

Saturday, April 22, 10am-2pm

Free and open to the public!

Scouts, clubs, and school groups are encouraged to attend!

Earth Day is a celebration of Mother Earth and all her natural, cultural, historical, and environmental resources. Earth Day is a world wide celebrated event. Join us at Runnymede Park for a day full of fun for the whole family!

Earth Day exhibits will include: backyard habitat information, composting tips, a Hybrid Car Expo, Fairfax County Tree Commission, Virginia Department of Forestry, Master Gardeners Association, Herndon High School Students Against Global Abuse (SAGA), and Department of Interior Mines Minerals Management, "Renewable Energy, Renewable Resources"

Event Highlights:

- Live Music featuring "Flinthollow"
- Community Speakers
- Presentation of Tree City U.S.A. Award
- Free tree sapling from the Town Forester for a Town of Herndon Plant-a-Thon
- Plant Exchange sponsored by Cultivating Community
- Build a nest box for your own backyard habitat (quantities limited to first 100)
- Become an "Earth Steward," write your conservation message on our Earth Day banner and receive an Earth Steward Award
- Guided hikes to Sugarland Run Stream for dip netting

- Smokey Bear will give conservation keepsakes
- View the latest information and plans for the proposed nature center at Runnymede Park
- Participate in an Appalachian Cherokee Mother Earth Blessing

Save Energy! Walk the new Sugarland Run Trail to Runnymede Park, bike, or car pool. A shuttle van will be provided from the Town of Herndon Police Station parking lot, 397 Herndon Parkway. Only limited parking available at the park.

Runnymede Park is located off Herndon Parkway between Elden and Queens Row Streets.

**Live Music
featuring
"Flinthollow"**



**Town of Herndon
Parks and Recreation**

P.O. Box 427
Herndon, VA 20172

<http://herndon-va.gov>

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Residential Customer**